

BBC

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# goodfood

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Middle East

## THE brunch issue

- Guide to hosting brunch at home
- Dubai's best summer brunches
- Where to brunch in Abu Dhabi

easiest-ever  
midweek  
meals

WIN!

.....  
DINING  
VOUCHERS AND  
GOURMET  
HOTEL STAYS

Summer  
recipes to enjoy

- + Sweet peach panzanella salad
- + Rustic chicken & apricot pie
- + Strawberry cheesecake Eton mess

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Cooking with French butter | Portuguese food at Tasca Dubai | Staycation at Rixos Saadiyat Island



# Leonardo

Timeless Italian cuisine, taken back in time



Located in the bustling Dubai Marina within the *Stella Di Mare Hotel*, lies the *Leonardo* restaurant. Unlike anything else in the city, this authentic fine dining Italian restaurant offers a cultured and a historic dining journey, bringing to the table flavours of the Italian cuisine, made with only the freshest ingredients that represent Italy.

A night at *Leonardo* is not to be missed either. Guests can enjoy a stylish dining experience or a sophisticated tittle, surrounded by distinctive Italian-style interiors, that celebrate the masterpieces of Leonardo da Vinci with life-size models of some of the legendary artist's most famous inventions.





## Welcome to August!

Unlike elsewhere in the world, brunch in the Middle East is somewhat of an institution. Worldwide, Dubai has founded a reputation as being the 'go to' destination for brunching because of its expansive, city-wide selection, which boasts lavish spreads, bottomless beverages and over-the-top entertainment. It's an event loved by both residents and tourists alike.

Every year we see more and more restaurants dishing up varied offerings, competing to be the next must-try brunch – each time bringing something new, innovative and exciting to the table.

From classy a la carte brunches, to sprawling buffet brunches – and even hybrid brunches, the UAE has it all. Inside this issue, we have a round-up of the city's best, whether it be Friday or Saturday brunches, child-friendly brunches, or evening brunches (drunch?), we have a brunch to suit all occasions, preferences and budgets – all serving fine food in an enjoyable atmosphere.

If you don't fancy leaving the house for brunch, try your hand at hosting one at home. We have a great selection of options including a brunch menu that's sharing-style friendly from page 42 onwards (*Brunch at home*). There's nothing quite like hosting a summer brunch at home, so round up the troops and have some fun with our fresh indoor picnic-style recipes that showcase this season's best ingredients.

Once you've picked your brunch destination, gather your crew, grab a plate and let the weekend feasting begin.

Happy brunching,



*Sophie*  
Editor

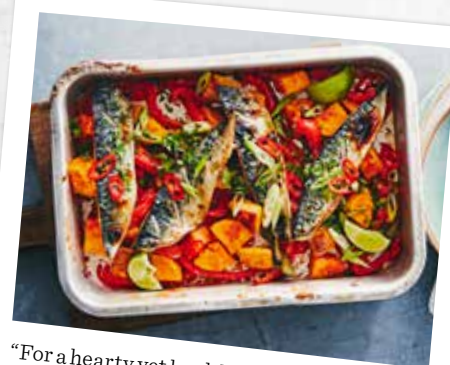
### WHAT WE'RE LOVING!



"This month I'm loving the crab & beetroot pâté recipe – it's the perfect dish for creating a healthy snack or a light and delicious lunch," says sales executive, Liz.



Online editor, Glesni says: "For an easy-to-make, sharing-style dinner option this summer, try our chicken & aubergine shawarma pittas – they're great for the whole family."



"For a hearty yet healthy dinner option, try our Thai mackerel & sweet potato traybake – it's packed with flavour and vitamin A", Froilan.





MANAGEMENT  
PUBLISHING DIRECTOR: Natasha Pendleton  
natasha.pendleton@cpimediagroup.com

EDITORIAL  
EDITOR: Sophie Voelzing  
sophie.voelzing@cpimediagroup.com  
ONLINE EDITOR: Glesni Holland  
glesni.holland@cpimediagroup.com

ADVERTISING  
SALES MANAGER: Carol Owen  
SALES MANAGER: Liz Smyth  
bbc.sales@cpimediagroup.com

MARKETING  
Bo River  
marketing@cpimediagroup.com

DESIGN  
Froilan A. Cosgafa IV

FOR OTHER ENQUIRIES, PLEASE VISIT:  
www.bbcgoodfoodme.com

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Media City, Building 4, Office G-08  
Dubai, United Arab Emirates, PO Box 13700  
Tel: +971 4 440 9100  
Fax: +971 4 447 2409  
Email: info@cpimediagroup.com

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#### Good Food UK

EDITOR-IN-CHIEF: Christine Hayes  
MAGAZINE EDITOR: Keith Kendrick  
PUBLISHING DIRECTOR: Simon Carrington

#### BBC Studios, UK Publishing

CHAIR, EDITORIAL REVIEW BOARDS: Nicholas Brett  
DIRECTOR OF CONSUMER PRODUCTS  
AND PUBLISHING: Andrew Moultrie  
HEAD OF PUBLISHING: Mandy Thwaites  
UK PUBLISHING CO-ORDINATOR: Eva Abramik  
UK.publishing@bbc.com

www.bbcstudios.com

#### Immediate Media Co Ltd

CHAIRMAN: Martin Weiss  
CEO: Tom Bureau  
DIRECTOR OF INTERNATIONAL LICENSING  
AND SYNDICATION: Tim Hudson  
INTERNATIONAL PARTNERS MANAGER: Molly Hope-Seton

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## Our recipe descriptions

**V** Suitable for vegetarians.

**❄️** You can freeze it.

**❄️** Not suitable for freezing.

**Easy** Simple recipes even beginners can make.

**A little effort** These require a bit more skill and confidence – such as making pastry.

**More of a challenge** Recipes aimed at experienced cooks.

**Low fat** 12g or less per portion.

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

**Vit C Iron Omega-3 Calcium Folate Fibre**

Indicating recipes that are good sources of useful nutrients.

**GLUTEN FREE** Indicates a recipe is free from gluten.

**Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:**

**P** Contains pork.



# gf YOUR SAY

We love hearing from you!

## **gf** star letter



**T**hanks for introducing us to Khyber at DUKES The Palm, which turned out to be one of the best Indian restaurants in Dubai. I had my family visiting from Kuwait last month and we were craving for good, authentic Indian food. As I had seen the article in BBC Good Food ME magazine recently it was there in my mind and I booked the restaurant for dinner. The food was scrumptious, the service was excellent, and the ambience was breathtaking, with nice music in the background. It's a great place to take pictures. Will be going back again soon!

**Gurpreet Maini**



I always check the magazine for its recipes, and usually only skim through other sections so I can ear mark anything for future reading in case needed. But this month, I was looking for staycation locations with my husband, as we were too busy with our new restaurant opening to even properly celebrate our first wedding anniversary (sad, I know.) But I know how much we want to take a break, and I fell in love with Ajman Saray from your writeup in the July edition. I'm going to check rates and book us in for two weeks.

**Arwa Manager**



The July magazine issue added to the exciting vibes of the summer season. I love the vibrancy and fun of adding fruits to desserts, so the strawberry cake recipes were my all-time favourite! I decided to make the triple-layered berry cheesecake for my daughter's birthday a few days ago, and my family and friends absolutely loved it! They even asked me where I got my recipe from, so I told them about the magazine. Now I want to make the strawberry and pistachio olive oil cake soon, so I'll be saving the recipe on my notebook! Thank you, BBC Good Food ME.

**Manal Osman**





## WIN!

The winner of the 'star letter' this month will receive a **Bonavita 5-Cup Carafe Coffee Brewer from TAVOLA, WORTH DHS495!** The Bonavita coffee maker is your everyday solution for good coffee. The 1000-Watt heater is powerful and precise in attaining the optimal temperature and maintains it throughout the brewing process. This results in faster brewing and, of course, delicious coffee. Along with the brewer, the double-walled stainless-steel thermal carafe is durable and perfect for individuals who prefer to brew their coffee in smaller 4-5 cup batches. Visit **tavolashop.com**



## TALK TO US!

Email us on **feedback@bbcgoodfoodme.com** with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.





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# NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



## 2-FOR-1 SATURDAY & SUNDAY ROASTS AT REFORM

Love a roast dinner but can't be fussed making one in this heat? Head to Emirates Hill's neighbourhood gastropub, Reform Social & Grill for 2-for-1 on traditional roasts every Saturday and Sunday during summer. Expect to find a wide selection of meats on the menu, plated with the essential English roast dinner trimmings and lashings of savoury gravy.

Available every Saturday and Sunday from 12pm to 11.30pm, the 2-for-1 roast is priced at Dhs100 per couple. For reservations, e-mail [reservations@reformsocialgrill.ae](mailto:reservations@reformsocialgrill.ae) or call +971 4 4542638.



## *New Paramount Hotel Dubai to bring 8 F&B concepts*

Setting the stage for a glamorous and indulgent experience, movie-themed Paramount Hotel Dubai is set to open in the third quarter of 2019 – representing the first-ever property of Paramount Hotels and Resorts in the Middle East.

Located in Business Bay, Paramount Hotel Dubai promises to offer timeless Hollywood elegance and an innovative guest experience, with sophisticated design, gourmet dining experiences, luxury shopping options, and spa.

Bringing experiential dining concepts with an authentic taste of a truly Californian lifestyle, the hotel will harbour several F&B concepts. Select guests will find their way to the hotel's signature Speakeasy Bar & Lounge for custom cocktails by craft mixologists in an intimate Hollywood setting, complete with moving classic posters and two private rooms. Dining venues include a Californian raw bar and grill, Pacific Groove and a unique Paramount chocolate lab, The Cheat. There will also be an all-day dining restaurant, The Stage; an artisan café and bakery, The Craft Table; lobby lounge & café; and two pool lounges including Malibu Deck and Chill.

Get your popcorn ready and watch this space, the hotel is due to open soon.

# THE BEST BITES



## 40 NEW CAFÉS AND RESTAURANTS TO OPEN AT FESTIVAL PLAZA



Festival Plaza, Al-Futtaim's community lifestyle mall that will open in Dubai South in December this year, will bring with it a varied F&B offering, including outlets serving American, Arabic, Japanese, Chinese, Indian, Turkish and Italian cuisines. The mall will also be home to the region's first outlet of Grain of Salt restaurant. Another first-time dining concept available to customers will be the new IKEA Café, which will serve freshly baked Swedish goods, and all-time favourite local products.

Amongst the 40 cafés and restaurants available across the mall, the 500-seat food court will be home to 13 global food chains such as Hardee's, New York Fries and Baskin Robbins. Customers will be able to enjoy coffee from a mixture of brands such as Café Nero, Tim Hortons, Filli Café and Jamaica Blue or indulge their sweet tooth at Dunkin Donuts, Movenpick Ice Cream or Cinnabon. Several casual dining options will also be available in the mall including Peppermill, Sumo Sushi, Leopold's of London, Saporì, Zaatar W Zeit, Sultan Baba Iskender, Famous Dave's, Smoking Doll, Grain of Salt, Denny's, Tony Roma's and more.

Lulu Hypermarket at Festival Plaza will have a new layout with a big emphasis on food with over 85% of the space allocated to grocery food and fresh foods. Lulu will also include a café-style seating area within the shop for customers to enjoy the freshly prepared sushi, pasta and pizza. Visit [dubaifestivalplaza.com](http://dubaifestivalplaza.com).



## *EID staycation deal for UAE residents*

With the Eid Al Adha dates confirmed for August, newly-opened Zabeel House by Jumeirah in The Greens, Dubai is offering a range of staycation offers for UAE residents. The 210-room urban nexus is offering a mix of deals across rooms, spa discounts and F&B at both LAH LAH and Social Company, as well as access to one of Dubai's waterparks. That much-needed city break isn't just limited to Eid though - the 'Apartment Getaway' offer is valid until the end of September and 'Splash & Stay' runs until the end of the year.

By booking using the promo code 'UAERESIDENT', residents will save 10% on the best available rate with breakfast, 20% off food & beverages, and 30% off treatments at Native Club Spa.

Alternatively, opt for the 'Apartment Getaway' deal and experience home-like living when staying at the Apartment, the ultimate staycation suite, with 25% discount on best available rate including breakfast. Enjoy an additional 25% discount at Native Club Spa and food & beverages at Social Company and LAH LAH.

Lastly and most suited to those with little ones, the 'Splash & Stay' offer includes complimentary daily breakfast buffet at Social Company along with unlimited access to Wild Wadi Waterpark throughout your stay. For more information visit, [zabeelhouse.com/thegreens](http://zabeelhouse.com/thegreens) or contact 04 519 1111 / [reservations@jumeirah.com](mailto:reservations@jumeirah.com).

## 24-HOUR LONDON DAIRY BISTRO OPENS ON SHEIKH ZAYED ROAD

Known for its tempting ice creams, London Dairy has opened a new bistro in Dubai that will operate 24/7 and serve much more than ice-cold treats. London Dairy Bistro on Sheikh Zayed Road is now open daily serving breakfast, lunch and dinner, plus extensive range of pastries, cakes, specialty coffee, gourmet chocolates and ice-cream. The bistro aims to capture the British elegance of dining through its eclectic mix of food inspired by culinary experiences in the UK and across Europe.

Afternoon Tea will also be available all day with a selection of finger sandwiches, scones served with clotted cream and jams, sweet treats and a choice of tea, serving two and costing Dhs110. From midnight until 7am the late-night menu leaps into action, with salads, hot wraps and granary baguettes.

Now open 24-hours daily at Aspin Tower, Sheikh Zayed Road, Dubai. Call 04 352 5473.



# Flavours of the *month*

Here is what's hot and happening around town this month.

## New on the block

### ➤ **Bull & Bear, Waldorf Astoria DIFC**

Inspired by the original restaurant once located at Waldorf Astoria New York, Bull & Bear has opened doors at the brand-new Waldorf Astoria Dubai International Financial Centre hotel. Upon entering the venue, expect to be greeted by giant bull and bear statues - hand-forged iron-clad sculptures reminiscent of Wall Street. For breakfast, diners can choose from a variety of specialty favourites served straight to the table. For lunch and dinner, signature dishes on the menu include prawn cocktail, and alligator pear to start, a variety of meats, vegan and seafood alternatives follow for mains, plus more. Bull & Bear is located on the 18th floor of the hotel. Call 04-5159888.

### ➤ **Antika Bar, Al Fattan Currency House, DIFC**

Beirut import, Antika Bar is set to open doors in DIFC later this month. The restaurant and lounge will serve modern Arabic cuisine alongside upbeat entertainment, with singers, dancers and live acts. Established in Lebanon in 2016, the Antika brand is renowned for its extravagant parties and exuberant celebrations with a traditional, oriental twist. Now as the brand expands into the UAE, Antika Bar has gained an elegant upgrade combining its nightlife expertise, with a sophisticated bar and restaurant. Serving a fusion of modern Arabic cuisine, the Antika Bar menu incorporates flavours from across the Middle East. Guests can enjoy traditional Mezze with a Levantine twist with dishes such as infused hummus with lemon, fattoush salad with roasted beetroot and fresh truffle and grilled octopus tajine.

### ➤ **The Butcher, Dubai Marina Walk**

Soon to launch in the heart of Dubai's Marina Walk promenade on the ground floor of The Residences at Marina Gate by Select Group, The Butcher will serve up prime angus beef burgers and steaks, hearty fries and more. The globally-known burger bar has operated in Amsterdam, Berlin and Ibiza since 2012, and is recognised with its premium cuts of meat, fresh vegetables, signature sauces and home-made semi-brioche style buns. Expect to find great quality burgers in a casual, laid-back venue with welcoming atmosphere.

Bull & Bear, Waldorf Astoria DIFC

Text by SOPHIE VOELZING | Photographs SUPPLIED





### ➤ Maiden Shanghai, FIVE Palm Jumeirah

Located in the heart of FIVE Palm Jumeirah, Maiden Shanghai promises authentic Chinese dishes. Inspired by his travels around China, head chef Luo Bing has created a menu incorporating flavours, styles and ingredients from the four key regions of Chinese cuisine - Cantonese, Sichuan, Shanghai and Beijing. The result is an MSG-free menu with signature dishes including Boom Boom shredded organic chicken, Peking duck and Kung Pao prawns.

This summer, there's a range of dining offers to take advantage of at Maiden Shanghai, including its Social Lunch offer, which is available from Saturday to Thursday, 12-3pm for Dhs350 per couple. The promotion allows guest to take advantage of an unlimited range of appetizers with a bottle of premium beverage or six house beverages. Next, there's the Dim Sum Disco Brunch, every Friday from 12-4pm. If you're looking to party, this upbeat brunch in partnership with Candypants is one to try. Lastly, Maiden Shanghai recently launched its Crazy Rich Ladies Night. Taking place every Wednesday from 7pm, the new ladies' night features three complimentary drinks for ladies and live entertainment. Both ladies and gents can enjoy a three-course menu featuring Maiden Shanghai's most popular dishes for Dhs150. Call 04 455 9989.

### ➤ West 14th Steakhouse, Dukes The Palm



West 14th Steakhouse offers sumptuous cuts of prime beef from all over the world along with fresh seafood platters for the ultimate surf n' turf experience, and this summer is offering a daily 'summer steak promotion' from 6-10.30pm for Dhs195 per person including a prime-cut steak with two

house beverages. The New York, loft-inspired restaurant is surrounded by floor to ceiling windows with dreamy views of the infinity pool and breathtaking Arabian Gulf just beyond. Guests can savour the spring weather with refreshing aperitifs and shisha available on the outdoor terrace deck. West 14th Steakhouse's terrace offers an open-air space ideal for those backyard barbeque vibes and brunch affairs. Call 04-4551101.



### ➤ Verve Bar and Brasserie, Grand Plaza Mövenpick Media City

Verve Bar and Brasserie, the latest concept from Nick Alvis and Scott Price, the team behind folly and The Lion has launched two brand-new offers that will run every Saturday for food-lovers in the city. Starting off with a new Saturday Picnic between 12pm

- 2.30pm, foodies can indulge on Verve's indoor picnic all summer long. Complete with a selection full of charcuterie and seasonal cheese with condiments such as pickles, chilled gazpacho, foie gras pate with chutney, a sourdough baguette, little jars of rhubarb and custard and of course, a bottle of grape for two. Priced at Dhs295 for two. Next up, every Saturday from 7pm onwards, Verve has introduced its Welli & Wine offering for Dhs350 for two people, including a beef wellington dinner complete with a bottle of grape. Known as one of Nick & Scott's headline dishes inspired by the version created whilst working alongside legendary chef Gordon Ramsay, guests will be able to sit back, relax and unwind during their summer evenings with this British classic. Call 04-5257633.



### ➤ Pierchic, Jumeirah Al Qasr

Celebrating the romance and tradition of the Qi Xi festival, more commonly known as Chinese Valentine's Day, Pierchic has crafted a limited edition four-course set menu. Available for lunch and dinner on Wednesday 7th August, the Qi Xi festival special is based on the traditions

and romance of a unique day - the seventh day of the seventh month - in the Chinese Lunar calendar. The Qi Xi festival culinary journey starts with French blue lobster (tartar, avocado and 'leche de tigre') before progressing to a middle course of seared scallops (cream of porcini mushroom and black truffle). The main course is a Chilean sea bass served with carabinero prawns, creamed salsify, spinach puree and raifort. For a sweet finish, indulge with a red velvet pearl made with rich strawberry sorbet infused with premium rose-flavoured bubbly, served in a Pierchic chocolate box. Priced at Dhs888 per person, guests opting for the Chinese Valentine's Day menu are also welcomed with a 'Vase of Love' - a Pierchic signature sharing concoction - and a duo of Dibba Oysters with green apple and dill. E-mail pierchic@jumeirah.com or call 800 666 353.

### ➤ The Lounge, The Westin Abu Dhabi Golf Resort & Spa



Sit back in comfortable setting at The Lounge and recharge your senses as you take a sip from a cup of freshly brewed Jing tea, Starbucks coffee or signature hot chocolate at The Lounge's Afternoon Tea. Take in views of Abu Dhabi Golf Club's championship golf course, then indulge in a specially curated savoury selection including cucumber & cumin cream sandwich, smoked salmon on

rye toast or truffle egg vol au vent. For the sweet tooth, enjoy classic opera cake, lemon crèmeux with pineapple caviar, matcha tea tartlet with banana & passionfruit and of course, freshly baked scones with jam and clotted cream. Available daily from 2pm to 6pm, priced at Dhs160 for two people with unlimited hot beverages. This afternoon tea is ideal for big groups and special occasions such as baby showers or bachelorette high tea. Call 02-6169999 or e-mail westinauh.info@westinhotels.com.



# LET'S BRUNCH

From summer brunches and Saturday brunches, to child-friendly options and evening brunches – this round-up has all your brunching needs covered.

## FRIDAY BRUNCHES

*These indoor venues are perfect for escaping the heat*



Santorini  
Brunch

### OPA, FAIRMONT DUBAI

This summer, hop into your new Greek oasis in the heart of Dubai at OPA Brunch: Santorini Edition on August 16th. A total feast for your senses; this big, fat Greek brunch promises to smash your stress away with its lively Greek music and foot tapping Zorba dancing, while you feel the ultimate Santorini vibes. Blending

authentic cuisine with a modern-day Mediterranean feel, OPA's brunch offers the perfect getaway to a Greek island without stepping out of Dubai. This brunch offers a spectacular four course selection of delicious bread and dips that include Spicy Feta Dip, Hummus, Tzatziki & Tarama Dips; savoury starters comprising of Grilled Cypriot Halloumi, Greek Salad, Tuna Tartare; and tantalizing mains such as Pastitsio, Grilled Baby Chicken, Moussaka, Steamed Sea Bass Fillet to guide you through your Friday afternoon in true Greek style, accompanied by a DJ and entertainment. Save some space for the tantalizing desserts such as the Athenian Pie, Pistachio Cake and Greek Yogurt as the energetic music will be pulling you off your tables on to the dance floor in no time. Choose from a wide selection of sharing menu and free-flowing beverages, all brought to you on your table. For larger groups who wish to taste a bit of everything Greek, OPA has a sharing brunch menu (for 8 guests and above), to give you a taste of everything OPA including its signature mains of Lobster Orzo, Sea Bass or Wagyu Rib Eye.

**THE DETAILS:** Taking place on Friday 16th August, from 12pm to 4pm.

Packages start at Dhs350 with house beverages.

**RESERVATIONS:** Call +971 4 357 0557 or e-mail [reservations@opadubai.com](mailto:reservations@opadubai.com).



The Grand  
Bazaar  
Brunch

### RÜYA, GROSVENOR HOUSE DUBAI

Every Friday guests are invited to indulge in a culinary journey through the eclectic menu with classic Anatolian cuisine featuring an array of house favourite dishes. Ruya's 360-degree bar, The Mekan Lounge, serves an enticing selection of innovative signature drinks to compliment the

cuisine, inspired by the rich culture and history of Anatolia. Panoramic views of the Dubai Marina provide the unrivalled backdrop as DJ Rafael Becker sets the scene for a buzzing and vibrant afternoon at the Grand Bazaar Brunch.

**THE DETAILS:** Every Friday from 12.30pm to 3.30pm, priced at Dhs299 with soft drinks and Dhs299 with premium beverages.

**RESERVATIONS:** Call 04-3999123.



Once  
Upon a  
Brunch

### VERVE BAR & BRASSERIE, GRAND PLAZA MÖVENPICK MEDIA CITY

Newly-opened Verve Bar & Brasserie has launched its very own Friday brunch guaranteed to take you on a culinary adventure. To celebrate the 'Once Upon a Brunch' offering, Verve - the latest concept from Nick Alvis and Scott Price, the team behind folly and The Lion, will welcome brunchers with a 2-for-1 offer available throughout the summer on the house beverage package. Guaranteed to take your mind off the scorching temperatures outside, diners can enjoy European dishes in a sophisticated and interactive setting between 1pm - 4pm every week, complete with live music. Beginning with a welcoming glass of something sparkling, specially prepared by the sommelier, brunchers will enjoy locally sourced Dibba Bay oysters, starters and salads including paprika smoked salmon, beef carpaccio, and chicken liver and foie gras plus fine cheeses with seasonal chutney. For mains, choose from traditional roast beef with Yorkshire pudding, sea bream served 'en papillote style' and a summer truffle risotto (prepared in a parmesan wheel) before treating yourself to a selection of signature desserts served to the table.

**THE DETAILS:** Every Friday from 1pm to 4pm. Brunch packages start from Dhs299 for food and soft beverages.

**RESERVATIONS:** Visit [vervebrasserie.com](http://vervebrasserie.com) or call 04-5257777.



Asian  
Quest:  
A Party  
Brunch

### TAIKUN RESTAURANT & LOUNGE, VIDA DOWNTOWN

Taikun's (formerly Toko) new brunch is here to stir up every backpacker's blurry memories of Asian

nightlife. Guests can expect to be waited on by ninjas, served shots by a geisha, and dance with Chinese dragons. They can also wander around six live food stations while gawking at floating statues and beating the heat with a traditional Chinese fan. The brunch's six live food stations will include a raw station, dim sum station, sushi station, salad station, and a drinks station. Guests can sink chopsticks into sushi, ponzu-laced oysters, sizzling hot tempura, zesty duck tacos, pan-Asian salads, and meat and plant-based yakitori. Upstaging beer pong, guests can strut their sipping skills with a sangria game instead. Players are challenged to drink a sangria with an Asian twist, poured from a height, without spilling a drop!

**THE DETAILS:** Brunch takes place every Friday from 12.30pm to 4pm. Packages start from Dhs255 for food and soft drinks, to Dhs395 for food and premium beverages.

**RESERVATIONS:** Visit [taikundubai.com](http://taikundubai.com), call 04 442 8383 or e-mail [reservations@taikundubai.com](mailto:reservations@taikundubai.com)





### ATELIER M, PIER 7, DUBAI MARINA

As the holy month of Join Atelier M every Friday and be transported to the bygone golden era of the 1920s Hollywood, a time when a secret brunch party turned into one of the most decadent events of the season. From live entertainment with the band 'Partners in Crime', delectable dishes served directly to your table and cocktails inspired by Hollywood greats, this is one brunch you do not want to miss out on.

**THE DETAILS:** Taking place every Friday from 1pm to 4pm, with packages starting from Dhs210 with soft beverages.

**RESERVATIONS:** Call +971 4 450 7766 or e-mail [info@atelierm.ae](mailto:info@atelierm.ae).



### THE MEAT CO., SOUK AL BAHAR

Located at a prime location, elegant eatery The Meat Co., offers guests a South-African inspired culinary experience, combined with imaginative beverages and sizzling hot tunes every Friday. The set menu with a plethora of food option is nothing if not filled with variations. The culinary team presents entrees such as freshly baked Chocolate & Beetroot Bread, Tuna Tartare and Oysters with more. The mains come with an option to choose from the 'juicy meat collection' or a Duo of Chicken or Baked Atlantic Salmon. The classy brunch will finish with chef's selection of desserts with exotic fruits. From African Drummers, to talented live music and commercial tunes playing - this is the place to let go and live life on the upbeat. DJs, artists and the live entertainment will encourage guests to get their groove on.

**THE DETAILS:** Every Friday from 12.30pm until 4pm. With packages starting from Dhs395 for a la carte brunch with soft drinks.

**RESERVATIONS:** Call +971 4 420 0737 or e-mail [reservationsburj@meatco.ae](mailto:reservationsburj@meatco.ae).



### AKIRA BACK, W THE PALM

Chef Akira Back has introduced a new Friday brunch, said to offer a one-of-a-kind, sit-down experience with extensive views of the Dubai skyline. Weekend warriors can indulge in the restaurant's eponymous blend of Japanese fare and Korean essence. Foodies can whet their appetite with the hirame carpaccio, grilled octopus, and tuna tataki. Or sample the myriad of delectable sushi options, all of which are unlimited, along with chef's biggest hits such as the tuna pizza and AB Tacos. For mains, guests can select one option from dishes such as wagyu don, black cod, Jidori chicken and many more. For the health conscious, the restaurant offers its new vegan menu. Completing the menu is a dessert section, offering a sharing platter of salted Macadamia caramel popcorn and coconut sorbet butter mochi, yuzu citrus and black & white sesame cake.

**THE DETAILS:** Available every Friday from 12.30pm until 4pm, with packages starting from Dhs445 with soft drinks. Kids between 6-12 years of age get 50% off the soft beverage package, kids below 6 years dine for free.

**RESERVATIONS:** Call 04-2455555 or e-mail [akirabackdubai@whotels.com](mailto:akirabackdubai@whotels.com).

### LA CARNITA, INTERCONTINENTAL DUBAI MARINA



The newest brunch to join the Secret Parties Group, El Secreto is the latest party brunch on the scene, with lively entertainment, delicious Mexican food and a cocktail list to get really excited about. The Mexican menu has something for everyone at this brunch, including tacos, nachos, chicken wings and more guac than you

can dream of. It wouldn't be a 'secret' soiree without an after-party offer, where guests are invited to party into the night from 5pm till late with three drinks for Dhs100 per person.

**THE DETAILS:** Every Friday from 1pm to 5pm, with packages starting from Dhs299 with soft drinks.

**RESERVATIONS:** E-mail [bookings@secret-parties.com](mailto:bookings@secret-parties.com).



## FAMILY-FRIENDLY BRUNCHES

*These brunches are suitable for the whole family*

Brunch in the hills



### HILLHOUSE BRASSERIE, THE DUBAI HILLS GOLF CLUB

Hillhouse Brasserie - the home of comfort food amid the leafy suburbs of Dubai Hills Golf Club - is providing a choice of different brunch options

'in the hills' this summer, with Friday offering a step back in time to the glitz and glamour of the Rat Pack era and a high tea garden party theme making it more of a family affair on Saturdays. For starters, enjoy oysters, charcuterie, tuna and avocado ceviche and a selection of signature salads before table service brings a choice of Hillhouse classics including duck salad, seasonal mushroom risotto, Mediterranean seabass and hearty carvery of lamb rump or prime beef ribs. A special menu is also available for children, and the mini Rat Packers can take advantage of the club's playground once temperatures cool. On Saturdays, families come more to the fore for Hillhouse's high tea. Starter options include shrimp cocktail, Asian crispy confit & duck smoked salad, and burrata caprese, while for the main course guests can enjoy unlimited servings from the roast beef or lamb carvery with all the trimmings, or a Mediterranean seabass. Vegetarian options are also available. For a sweet finish, scones with raspberry jam and clotted cream, roasted hazelnut brownies, rhubarb & custard doughnuts and strawberries & cream Eton mess are served.

**THE DETAILS:** Friday's Rat Pack themed brunch begins at 1pm till 4pm, and has packages starting from Dhs195 for food and soft drinks. Saturday brunch takes place from 12pm till 4pm and is priced at Dhs195 for a three-course menu.

**RESERVATIONS:** Call 04-3627555.

Fam Jam Brunch



### LUCKY VOICE, GRAND MILLENNIUM DUBAI

Calling all families! Think you're the next Jackson 5, or fancy singing with your bro like a Jonas brother? Now every Saturday afternoon at Lucky Voice, the new Fam

Jam brunch welcomes kids, mums, dad, uncles and grans to take part in a family karaoke sesh. The stage is set, the MC is ready to host and there's a brilliant selection of fun things for the kids to do. A slime station, kids' food, and arts & crafts - this weekly family day out is one for the diary. Not forgetting the adults, recognising that being a parent is hard work, expect to find an open bar, and the upstairs area is adults only.

**THE DETAILS:** Taking place every Saturday from 1pm to 4pm. Priced at Dhs50 for children including kids' buffet with cotton candy, ice cream and unlimited kids' drinks, and Dhs195 for adults.

**RESERVATIONS:** Call 800 58259



The Arriba Arriba Brunch

### ZOCO, AL HABTOOR CITY

ZOCO's Arriba Arriba Brunch has re-vamped its prices. During the summer months, they will be introducing three new packages so you can begin your weekend with your brunch squad at a pocket-friendly price. Every Friday, join the Mexican fiesta as the Arriba Arriba Brunch concocts a delightful surprise for all discerning

palates with an authentic Mexican spread. With the heat outside, an indoor family-friendly brunch promises to enjoy a fun afternoon. ZOCO has recently introduced a special Kids' Area with several activities for keeping the little ones entertained.

**THE DETAILS:** Every Friday from 12.30pm to 4pm. Packages start from Dhs225 with food and soft beverages. Children below 6 years can enjoy a complimentary brunch whereas kids aged between 6 to 12 years can enjoy the kids' package priced at Dhs110.

**RESERVATIONS:** Call 04-4370044



The QE2 Summer Brunch

### QUEEN ELIZABETH 2, MINA RASHID

Make the most of the summer with an exciting indoor culinary and entertainment adventure on board the QE2 - fun for the whole family. Set on the Quarter Deck against the backdrop of Dubai's skyline and the shimmering waters below, the QE2 Summer Brunch offers a myriad of world-cuisines with a selection of nearly 200 freshly prepared dishes on the buffet. From classic British roasts, Indian delicacies, Asian flavours and fresh seafood counters to live cooking stations, artisan cheese platters, salads and a dessert selection - the QE2 Brunch is the feast of all feasts. Children will enjoy the dedicated playroom that takes over the entire Queens Room ballroom - complete with bouncy castles, interactive games and a dedicated children's buffet.

**THE DETAILS:** Every Friday from 1pm to 4pm, priced at Dhs225 with soft beverages, Dhs395 for house beverages, and Dhs95 for children below 12 years, while children below 4 dine with compliments.

**RESERVATIONS:** Call +971 4 526 8888.





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from 7.30 pm onwards  
**friday**  
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and 8.00 pm to 11.00pm

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## EVENING BRUNCHES

*For those who like to sleep-in on the weekends*



### DISTILLERY, SOUKAL MANZIL

Step out of your comfort zone with Distillery's novel beverage menu, packing extra punch with flavoured moonshine. Sip

those summer blues away with smoked apple, blueberry, and peach moonshine. Dishing up remixed gastropub fare, the Moonshine Brunch's food menu feels like it should be eaten around a crackling campfire. The menu is packed with moreish eats: roasted bone marrow, duck toast, peri peri meatballs, veal baby back ribs, bourbon chicken wings, and a range of seafood superstars. Distillery, the speakeasy-style hipster bar, teleports brunchers to the Prohibition Era every Friday with its underground vibe.

**THE DETAILS:** Brunch takes place every Friday from 8pm to 12am. Priced at Dhs185 for food and soft beverages, or Dhs295 with premium beverages.

**RESERVATIONS:** Visit [distillerydubai.com](http://distillerydubai.com) or call 04-3298899.



### PUBLIQUE, SOUQ MADINAT, JUMEIRAH

Is the summer heat providing too much to bare? Retreat to Publique's new summer nightly brunch, where the Alpine-esque

décor and cool service will melt your problems away. The restaurant and bar has taken its original Alpine Brunch and given it a little spruce for summer. For a reduced summer price of Dhs275, guests can enjoy handpicked starters, main courses and desserts. During brunch, enjoy hearty food, rustic interiors, a traditional wooden bar and Gondola DJ booth – all details of this establishment are sure to evoke feelings of a cosy mountain lodge. Brunch table bookings require a minimum of four persons (so there's enough raclette to go around!). The nightly brunch is also available to guests who attend the themed quiz nights every Wednesday from 8pm.

**THE DETAILS:** The rolling brunch runs from 6pm daily for 3 hours from the time of booking as well as from 12pm on Fridays. Priced at Dhs275 per person with house beverages.

**RESERVATIONS:** Call 04 430 8550, e-mail [info@publique.ae](mailto:info@publique.ae) or visit [publique.ae](http://publique.ae).



### MATAGI, EMERALD PALACE KEMPINSKI DUBAI

Matagi, the lifestyle-driven Pan Asian restaurant located on Palm Jumeirah has launched a new Friday night concept, the Crazy Rich Brunch. This brand new evening for the social calendar promises to be an entertaining affair, designed to encourage the UAE's movers and shakers to join in the party and enjoy the taste of Asian flavours.

Matagi's Crazy Rich Brunch takes place weekly on a Friday from 7pm where guests can enjoy a four-hour gastronomic event that commences upon arrival. Being served up is a series of Asian dishes starting with sharing-style appetizers of sashimi and maki platters to hot dishes such as chicken thighs yakitori and ikura udon. Guests can then look forward to a menu full with Asian inspired main courses including miso lamb chops spicy slaw, grilled wagyu sirloin wasabi and garlic soy glaze portobello mushroom. All this is followed by a decadent dessert.

**THE DETAILS:** Every Friday from 7pm to 11pm. Packages start from Dhs299 for four-hours food and soft beverages. To avail a 40% discount code on Careem, simply use the discount code: MATAGI on the app.

**RESERVATIONS:** E-mail [reservation@matagidubai.com](mailto:reservation@matagidubai.com) or call +971 4 248 8850.



### JUNIPERS, VIDA EMIRATES HILLS

A new evening brunch called About Last Night has launched at Junipers. The brunch will offer a wide-range of bites paired with refreshing beverages to make for a lively yet laid-back brunch experience. About Last Night at Junipers will see the food menu served sharing style, allowing brunchgoers to settle in to enjoy the free-flowing selection of signature drinks in a cool and sophisticated setting. Dishes on offer will include Lamb Ribs, Fried Chicken Wings, Wagyu Beef Sliders, Grilled Calamari and Mushroom & Parmesan Cigars to name a few. For those who wish to start their weekend straight from the office, Junipers hosts a daily sundowners offer where guests will receive 50% off select drinks from 5pm – 8pm/

**THE DETAILS:** Launching on August 1, 2019 and taking place every Thursday from 8pm – 11.30pm. Priced at Dhs225 with soft drinks and Dhs325 with premium beverages.

**RESERVATIONS:** Call 04-8728888.



## SATURDAY BRUNCHES

*Missed brunch on Friday? No worries – there's always Saturday*



### TOKYO VIBES, SOHO GARDEN, MEYDAN RACECOURSE

Newly-launched 'Shibuya Saturdays' presents a dinner party experience, dishing up Japanese delicacies with its 4-course set menu while DJs hit the decks to keep you entertained all night long. Beginning with Tokyo Vibes' wakame salad, other menu highlights include a sushi platter, volcano shrimp and more prepared by head chef Roy Kim.

Tokyo Vibes is a buzzing party restaurant, Japanese eatery and bar all under one roof in the heart of Soho Garden (it's a fully enclosed air-conditioned space).

**THE DETAILS:** Every Saturday from 8pm to 11pm (Restaurant & Bar open till 3am). Priced at Dhs250 for a 4-course Omakase-style 4-course dinner with one carafe of premium beverage.

**RESERVATIONS:** Call 05-23888849 or see [instagram.com/tokyovibesdxb](https://www.instagram.com/tokyovibesdxb).



### PIERCHIC, ALQASR JUMEIRAH

Pierchic has launched a new Saturday brunch experience – Ocean Vibe – for the city's most discerning diners. The new Ocean Vibe brunch removes guests from the hustle and bustle of Dubai and injects an upmarket French party atmosphere into the mix, with a live band

complementing a variety of organic seafood, meat and vegetable dishes served with Pierchic's customary culinary flair. Available from 12pm to 4pm every Saturday, Ocean Vibe starters include organic mussels marinara, a fish tartare platter, red and white quinoa salad, cured beef cold cuts, local artisan burrata and sautéed baby squid Provençale. A selection of main courses include Dutch Dover sole meuniere, local tiger prawns, Galician octopus, U.S. rib eye steak and grilled vegetables. The final course wraps up with an assiette of Pierchic desserts and fresh fruits served with ice cream.

**THE DETAILS:** Every Saturday, from 12pm to 4pm. The sharing-style Ocean Vibe brunch menu starts at Dhs375 per person for tables of four guests or more.

**RESERVATIONS:** Call 800 666 353 or e-mail [jrgreservations@jumeirah.com](mailto:jrgreservations@jumeirah.com).



### LACANTINE DU FAUBOURG, JUMEIRAH EMIRATES TOWERS

Since Brunch is all about family, friends and fantastic food, La Cantine du Faubourg is hosting its Brunch 105 every Saturday from 12pm to 6pm, and is suitable for the whole family. Step in a Parisian bedroom setting and experience a chic Saturday

afternoon. Make the most of your weekends and try the brunch delicacies, from the wide selection of pastries, eggs, signatures and sweets. Served a la table, choose your preferred dishes from the brunch menu, along with beverages. Be ready to enjoy a vibrant atmosphere with live entertainment and DJ.

**THE DETAILS:** Every Saturday from 12pm to 6pm Pick up the all-inclusive package of your choice starting from Dhs265, including of mocktails, fresh juices, soft drinks and hot beverages.

**RESERVATIONS:** Call 04-3527105 or e-mail [Book@lacantine.ae](mailto:Book@lacantine.ae).



### THE LONDON PROJECT, BLUEWATERS ISLAND

On Saturdays, the Chelsea Brunch from 1pm to 4pm will serve up acoustic vibes in The London Project's very own country garden. Starting with the 'breakfast' part of brunch guests will enjoy handmade crumpets with whipped butter and everyone's go-to – eggs benedict. Also to share is the octopus chorizo hash served alongside pulled beef soft shell tacos. For mains, the spiced lamb rack is accompanied by the fresh strawberry and avocado salad and crispy agria fries with truffle aioli.

**THE DETAILS:** Every Saturday from 1pm to 4pm. Packages start from Dhs250 with soft drinks.

**RESERVATIONS:** E-mail [reservations@thelondonproject.com](mailto:reservations@thelondonproject.com).



## brunching in

## abu dhabi

Must-try brunches in the capital this month.

Zeitaku  
Friday  
Brunch

## 99 SUSHI BAR &amp; RESTAURANT, THE GALLERIA – AL MARYAH ISLAND

Boasting a classy feel, the Zeitaku Friday brunch is one for fans of Japanese cuisine. The sophisticated afternoon includes 11-courses of

signature dishes, including a tempting array of nigiri, tuna specialties and sushi, all served at the table plate by plate. Zeitaku, which translates to mean 'luxury', is all about experiencing the finer things in life. The revelries continue on the terrace, where the drinks keep flowing, just in time for sunset views.

The brunch takes place every Friday from 1pm to 5.30pm, with packages starting from Dhs299. For reservations, e-mail [reservations\\_ad@99sushibar.com](mailto:reservations_ad@99sushibar.com) or call 02 672 3333.

Family  
Friday  
Brunch

## KHAYAL RESTAURANT, MARRIOTT HOTEL AL FORSAN

Friday in Khayal is all about laidback lunches, great value with an equally great variety and a whole lot of culinary indulgence. A causal take on a traditional brunch concept, family Fridays offer the ability to upgrade packages to include premium beverages or to enjoy the food as it is. Taking place every Friday from 12.30pm to 3.30pm, priced at Dhs157 per adult and Dhs95 for kids aged 6 to 12 years. For reservations, e-mail [Mhrs.auhal.restaurant.res@marriott.com](mailto:Mhrs.auhal.restaurant.res@marriott.com) or call 02 201 4131.

Brunch at  
Hakkasan

## HAKKASAN ABU DHABI, EMIRATES PALACE

A unique experience awaits guests at Hakkasan Abu Dhabi every Friday from 12pm to 4pm, featuring contemporary Cantonese cuisine, prepared using decadent ingredients, delivered to the table. Located in the heart of the capital, Hakkasan Abu Dhabi invites guests indoors to escape the seasonal heat and brunch within a rich, modern setting while indulging in fresh and appetizing Chinese delicacies. Brunch at Hakkasan begins with the venue's signature Peking duck served with pancakes, baby cucumber and spring onion. The brunch menu includes a selection of Hakkasan's most popular dim sum and bite-sized savoury options, showcasing the best of Asian flavours. For the main course, guests can enjoy stir-fry black pepper rib eye beef, along with the seafood specialties, steamed wild prawn in homemade chilli sauce and stir-fry sugar snap, could ear and ginger. To finish the feast on a sweet note, guests can indulge in a selection of desserts from the ever-changing dessert menu, specially created for the occasion.

Taking place every Friday from 12pm to 4pm, brunch prices start at Dhs318 per person including Peking duck, soup, a selection of dim sum and small eats, main course, dessert, virgin cocktails, soft drinks and Voss water. For reservations, call +971 2 690 7739 or e-mail [hakkasan@emiratespalace.ae](mailto:hakkasan@emiratespalace.ae).

Brunch  
a la  
Parisienne

## FAIRWAYS, THE WESTIN ABU DHABI GOLF RESORT &amp; SPA

Taking place every Saturday, 'Brunch a la Parisienne' is a brand-new concept at Fairways inspired by the streets of

Champs-Élysées featuring a delicious viennoiserie basket of fresh croissants and pain au chocolat, a selection of charcuterie and French cheeses, a choice of savoury main course, seasonal fresh fruits and unlimited tea or coffee.

After, spend the rest of the afternoon lounging poolside with complimentary access to the pool. Taking place every Saturday from 11am to 4pm the package is priced at Dhs260 for 2 persons inclusive of set menu and free pool access, Dhs70 per child below 12 years old, and Dhs130 for 2 children below 12 years old. Call 02 6169999 or e-mail [westinauh.info@westinhotels.com](mailto:westinauh.info@westinhotels.com).





# SUMMER DINING DEALS

To welcome the summer months, Marriott International is cooking up its best offers in the UAE from now until the 15 September 2019 with its summer campaign, Summer Cravings.



**Reservations:** [MoreCravings.com](https://www.marriott.com/morecravings)

MoreCravings is your one-stop destination to discover a world of culinary inspiration and rich rewards. With over 350 restaurants and lounges across Marriott International's properties in the UAE, MoreCravings will guarantee your perfect culinary experience this summer with themed summer lounges and trendy coffee shops to family style restaurants and classic fine dining experiences.

For the summer season, MoreCravings brings to you, Summer Cravings. All summer, until 15 September 2019, members of Marriott's loyalty programme, Marriott Bonvoy, can indulge in a 30% discount when dining at participating restaurants and lounges during the summer.

To see the full list of participating restaurants and lounges, visit [MoreCravings.com](https://www.marriott.com/morecravings). Check out below some of the participating restaurants in Dubai:





# *DUBAI'S FIRST TASCA*

Famed for taking Portuguese classics and giving them a contemporary twist, chef José Avillez is at the forefront of Portugal's food scene – namely for his two Michelin-starred restaurant, Belcanto in Lisbon. In his first move outside of Portugal, Avillez has opened doors at the new Mandarin Oriental Jumeira, Dubai with Tasca. While in town recently, we caught up with him to hear more about his new Portuguese restaurant...

**By Sophie Voelzing**

Photographs SUPPLIED







**P**ortuguese chef José Avillez has made his Middle Eastern debut with the opening of Tasca at Mandarin Oriental Jumeira, Dubai – representing his first international venture.

He has several restaurants in Lisbon and Porto, each with a different concept, but all expressing his passion for cuisine. Avillez is most well-known for his two Michelin-starred Belcanto in Lisbon.

Offering true flavours of Portugal, Tasca in Dubai takes inspiration from a traditional Portuguese eatery, 'tasca', serving genuine food and drinks but with a contemporary twist. With a menu based on a sharing concept, Tasca takes guests on a culinary journey across the rich and varied country.

Tasca is a dining destination that makes for a lively night out, combining authentic dishes, eye-catching design, and an eclectic atmosphere. The fully-immersive experience includes live demonstrations at both the bar and the kitchen as chefs and bartenders work together to develop inventive culinary and mixology creations.

Here, chef Avillez tells more...

**Dubai is lacking in Portuguese restaurants, so we're really excited to hear about Tasca's opening! Tell us about the restaurant and its concept...**

The new restaurant Tasca, at Mandarin Oriental Jumeira, Dubai is inspired by a traditional Portuguese restaurant concept – a tasca, which is a typical casual Portuguese eatery, with authentic food and drinks. However, Tasca adds a twist, because it offers a contemporary and pulsating dining experience. We'll be serving Portuguese flavours with a contemporary twist in a vibrant setting, overlooking the sweeping ocean on one side and Dubai's skyline on the other.

**Is the menu at Tasca inspired by a certain area of Portugal, such as the Algarve's cuisine, or is it influenced from all areas of the country?**

Tasca offers rich and varied



**“Traditional Portuguese dishes that can be found on Tasca's menu are Bulhão Pato clams, Gomes de Sá codfish, Lagareiro octopus, grilled giant red shrimp, grilled blue lobster, prawns with garlic and chili, steak with an egg on top, and olive oil custard pudding.”**

contemporary Portuguese cuisine from across the region. The menu offers some of Portugal's best flavours and products. I believe Portugal has one of the best cuisines in the world, with the world's best fish and seafood. Tasca offers the opportunity to savour them. It's a unique, unmissable experience.

**What attracted you to open a restaurant in Dubai?**

The invitation came from the Mandarin Oriental Hotel Group. I'm happy and proud to have received this invitation. It's my first restaurant outside of Portugal and presents a responsibility, a challenge and an opportunity to learn, not just for me, but also for my team.

Additionally, it provides me an opportunity to promote Portugal and Portuguese gastronomy, and that makes me very excited.

**What are some of the traditional Portuguese dishes found on Tasca's menu?**

Some of the traditional Portuguese dishes that can be

found on Tasca's menu are Bulhão Pato clams, Gomes de Sá codfish, Lagareiro octopus, grilled giant red shrimp, grilled blue lobster, prawns with garlic and chili, steak with an egg on top, olive oil custard pudding. They are all plated in a contemporary style but are as full-flavoured as the traditional recipes.

**What in your opinion, is the must-try dish (or dishes) on the menu?**

That's a difficult choice. The menu is amazing. Tempura avocado, tuna tartare cone, giant red shrimp, steak with egg on top, and the mandarin orange.

**What type of ingredients are you sourcing from Portugal for Tasca?**

The ingredients we are bringing in from Portugal include giant red shrimp, blue lobster, seabass, coastal prawns and clams. I believe Portugal has the best fish and seafood in the world.

## RESERVATIONS

**Tasca by Jose Avillez, Mandarin Oriental Jumeira**

Call: +971 4 777 2231

Visit: [mandarinoriental.com/dubai](http://mandarinoriental.com/dubai)





**Are there any Portuguese ingredients that you'd like to have on the menu, but haven't been able to source here?**

Yes, Portuguese vegetables.

**Looking at your background, how did you get started as a chef?**

Looking back, I've had a passion for food ever since I was a child. In fact, it was actually a passion for eating. I started cooking at home when I was seven. I used to bake with my sister, and we sold the cakes to family, friends and neighbours. I went to college to study Business Communications. When I signed up for it, I wasn't aware that my future would involve working in a kitchen, but at the end of my studies, my interest for cuisine started to grow and I had the opportunity to visit a professional kitchen. My heart began to race and I felt a whirlwind of emotions. At that moment, I realised I had found my way. After that, I went on several trips, did training courses and internships as a chef. I learned at the hand of Antoine Westermann at Fortaleza do Guincho, at Alain Ducasse's school, in Éric Fréchon's kitchen

at the Bristol Hotel, and at the renowned El Bulli, a step that truly changed my career. It changed my life.

**What trends and dining behaviours are you witnessing coming out of Lisbon at the moment?**

The last 15 to 20 years have built a contemporary Lisbon. Some investments were made to present Lisbon as a multicultural European capital and the urban environment was transformed. There are significant signs of modernisation but the historic charm has been preserved. Lisbon is a seductively stylish revitalised city and is a great destination for food lovers. We have very high-quality products: wine, cheese, olive oil, meat, fish and seafood, and Portuguese cuisine is tremendously rich and varied. This has transformed Portugal's gastronomic scenario in a very interesting way. Today we have a much more diverse offer than we had 10 years ago.

**What sets Portuguese cuisine aside from other Mediterranean cuisines?**

Portuguese cuisine is tremendously rich and diverse.

The differentiating aspect of our cuisine has to do with the cultural exchanges that happened in our Age of Discovery. Those ingredients and techniques from other continents influenced and enriched our cuisine. In addition to that, Portugal has a wide variety of landforms, climates and soil types. Moreover, we have a long coastline, we have highlands in the north of Portugal, and the mid-coastal region consists of dunes and pine tree forests. In Southern Portugal, more specifically Alentejo, we find plains. Each region of Portugal has different, yet amazing products: cheese varieties, bread types, olive oils, produce, spices, herbs, meat, fish and shellfish. The tradition, the ingredients, and the flavours, the influences are always on my mind. I'm very proud of our amazing cuisine.

**For readers looking to visit Tasca, what type of dining experience can they expect to have?**

Tasca represents a casual chic Portuguese dining experience that captivates and bursts with character. The dishes are complemented by an extensive beverage list with the largest selection of Portuguese grape in the region. Innovative cocktails and mocktails capturing Portuguese tradition and trends, are also featured. The restaurant has a superb location, a lively vibe, spectacular views and amazing service.

*For more information about José Avillez, visit [joseavillez.pt](http://joseavillez.pt) or follow him @joseavillez*

“ Each region of Portugal has different, yet amazing products: cheese varieties, bread types, olive oils, produce, spices, herbs, meat, fish and shellfish. The tradition, the ingredients, the flavours, and the influences are always on my mind. I'm very proud of our amazing cuisine. ”



# "HEALTHY MEETS DELICIOUS"



## VEGAN NIGHT

22<sup>nd</sup> Aug | 12<sup>th</sup> Sep | 10<sup>th</sup> Oct | 14<sup>th</sup> Nov | 12<sup>th</sup> Dec  
Thursday, 6 pm Onwards

Indulge in a wide array of delicious vegan delicacies with unlimited starters, salads & desserts and selection of main courses !

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# easy

Delicious, simple,  
and easy-to-  
make recipes



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## veg-packed

■ easiest ever  
midweek meals page 28



4 ways with

# eton mess

*Fruity & fragrant*

Whip up one of these speedy summer desserts with a tasty new twist. Great after a barbecue or al fresco lunch

*recipes*

ESTHER CLARK

*photograph*

MELISSA

REYNOLDS-JAMES

*Indulgent & nutty*

## Coffee-walnut Eton mess

**SERVES** 4-6 **PREP** 20 mins **COOK** 2 mins **EASY** V

Whisk **400ml double cream** and **2 tbsp icing sugar** to soft peaks. Fold through **4 tbsp coffee essence** and **1/2 tsp vanilla extract**. Toast **80g walnut halves** in a dry frying pan for 2 mins until just golden, then set aside to cool. Roughly chop the toasted walnuts and fold half through the coffee cream. Layer the coffee cream mixture into dessert glasses with the remaining chopped walnuts, **2 crushed meringue nests** and **120g cubed coffee walnut cake**, then serve.

**PER SERVING** (6) 574 kcal • fat 50g • saturates 25g • carbs 26g • sugars 23g • fibre 1g • protein 4g • salt 0.1g

## Raspberry, pomegranate & rose Eton mess

**SERVES** 4-6 **PREP** 15 mins **NO COOK** **EASY** V

Blitz **200g raspberries** with **1 tsp rosewater** (or to taste) until smooth. Whisk **400ml double cream** and **2 tbsp icing sugar** to soft peaks. Fold through the puréed raspberries and **1 tbsp pomegranate molasses**. Layer the raspberry cream into dessert glasses with **3 crushed meringue nests** and **200g raspberries**. Sprinkle over **70g pomegranate seeds** along with some **dried rose petals**, if you like.

**GOOD TO KNOW** 1 of 5-a-day • gluten free

**PER SERVING** (6) 415 kcal • fat 36g • saturates 22g • carbs 18g • sugars 18g • fibre 3g • protein 3g • salt 0.1g



Sweet &amp; sticky

Crunchy &amp; creamy



### Banana-tahini Eton mess

**SERVES 4-6 PREP 20 mins NO COOK EASY V**

Whisk **400ml double cream**, **2 tbsp tahini** and **2 tbsp icing sugar** to soft peaks. Slice **2 small bananas**. Layer the tahini cream into dessert glasses with the sliced bananas, **3 crushed meringue nests** and **4 tbsp salted caramel sauce**. Sprinkle over **½ tbsp toasted sesame seeds**.

**GOOD TO KNOW** gluten free

**PER SERVING (6)** 473 kcals • fat 41g • saturates 24g • carbs 23g • sugars 21g • fibre 1g • protein 3g • salt 0.1g



### Strawberry cheesecake Eton mess

**SERVES 4-6 PREP 20 mins NO COOK EASY V**

Whisk **300ml double cream** and **100g cream cheese** to soft peaks. Hull **300g strawberries**, then roughly chop half and quarter the rest. Blitz the chopped berries and **2 tbsp icing sugar** until smooth, then fold through the cream. Layer the strawberry cream into dessert glasses with the quartered berries, **2 crushed meringue nests** and **2 crumbled gingernut biscuits** and serve.

**PER SERVING (6)** 362 kcals • fat 32g • saturates 20g • carbs 16g • sugars 14g • fibre 2g • protein 2g • salt 0.1g







anna's simple solutions

# midweek entertaining



Food editor **Anna Glover** solves your midweek cooking dilemmas with new simple recipe ideas

photograph MELISSA REYNOLDS-JAMES

## the dilemma

I have friends coming over and I've had no time to prep anything for dinner.

## the solution

From fridge to table in 40 mins, this impressive dinner party main is a great stand-by staple if you're rushed for time but still want a showstopping spread.

**H**aving no time to prep after a busy day at work leaves me feeling slightly anxious about wowing my dinner guests. If it does for you, too, then fear no longer. This impressive supper uses a few storecupboard staples and some easy-to-find ingredients in clever ways to elevate this dish from a midweek dinner to a midweek winner. A side of salmon is a stress-free way to get dinner on the table in less than an hour, as it cooks in very little time. Just enough time, in fact, to boil some new potatoes and pour some drinks. When paired with fresh, summery flavours like chilli and orange, it lifts this humble everyday fish into something a little bit

more special. New potatoes are transformed with peppery wilted watercress and a dash of extra virgin olive oil, plus they're quick to cook and very easy to prep, too. Swap fennel for courgette slices, if you fancy, or serve with seasonal greens sprinkled with sesame seeds if you're serving six. Wasabi is now stocked in many supermarkets, pre-prepared in tubes. It's a great storecupboard staple for adding a dash to salad dressings, dips and sauces for a little heat. Here, its spiciness flavours shop-bought mayo for an easy dip that's surprisingly delicious with salmon and new potatoes, or spoon onto ginger-spiked pork burgers with quick-pickled radishes for an Asian twist for the barbecue.

## Chilli & orange salmon with watercress new potatoes & wasabi mayo

**SERVES 4-6 PREP 20 mins**

**COOK 20 mins EASY**

2 oranges, both zested, 1 juiced and 1 cut into slices  
1-2 red chillies, finely chopped  
2 tbsp sesame oil  
2 garlic cloves, crushed  
1 large or 2 smaller fennel bulbs, finely sliced (500g)  
850g side of salmon, skin on  
750g baby new potatoes, halved if large  
200g watercress, roughly chopped  
1 tbsp extra virgin olive oil  
100g mayonnaise  
3-4 tsp wasabi paste

1 Heat the oven to 200C/180C fan/gas 6. Whisk most of the orange zest and all the juice, chilli, sesame oil and garlic in a small bowl,

then season. Line a baking tray with foil, scatter over the fennel and tuck in most of the orange slices. Add the salmon on top, skin-side down, pour over the sauce, and top with the rest of the orange slices. Cook in the middle of the oven for 20 mins or until flaky and cooked through.

2 Meanwhile, boil the potatoes for 15 mins or until tender. Drain and tip back into the pan. Add most of the watercress and the olive oil, toss everything together with some seasoning and leave for a few mins for the watercress to wilt.

3 Whisk together the mayo, wasabi and remaining orange zest. Serve with the salmon and potatoes, and scatter over the remaining watercress to serve.

**GOOD TO KNOW** healthy • folate • fibre • vit c • omega-3 • 2 of 5-a-day

**PER SERVING (6)** 572 kcal • fat 36g • saturates 5g • carbs 25g • sugars 4g • fibre 6g • protein 34g • salt 0.4g

## gf tip

Use 4-6 salmon fillets if you can't get hold of a side of salmon. Push them together, so they take the same amount of time in the oven, and look more impressive when taken to the table.

## ROOM FOR DESSERT?

### 3 instant puds

• Warm **raisins** in drizzle of **honey** for a few mins in the microwave or a small pan, then spoon over **vanilla ice cream**.


• Drizzle **nectarine** or **apricot** slices with a little **pomegranate molasses**, and scatter with **pomegranate seeds**, **chopped pistachios** and **mint leaves**. Serve with **thick yogurt**.

• Whip **Greek yogurt** with **double cream**, and layer in small glasses with **mixed berries**. Top with **granola** and a drizzle of **maple syrup**.









veg-packed

# easiest ever midweek meals

Boost your intake of vegetables with these quick weeknight suppers

*recipes* ESTHER CLARK *photographs* CLARE WINFIELD

## Tomato & spinach kitchari

**SERVES 2** **PREP** 10 mins  
**COOK** 40 mins **EASY** **V** **\***

130g basmati rice  
200g split red lentils  
3 tbsp olive oil  
1 onion, finely sliced  
1 thumb-sized piece ginger,  
finely grated  
2 garlic cloves, crushed  
2 tsp each turmeric, ground  
coriander and cumin seeds  
1-2 tsp medium chilli powder  
1.2 litres vegetable stock  
150g cherry tomatoes  
200g spinach

1 red chilli, finely chopped  
chapatis, to serve (optional)

■ Tip the rice and lentils into a sieve and rinse thoroughly under cold, running water. Set aside.  
■ Heat 1 tbsp of the oil in a large saucepan or casserole. Add the onion along with a pinch of salt and fry over a medium-high heat for 10 mins or until golden. Stir through the ginger, garlic, turmeric, coriander seeds, half the cumin seeds and the chilli powder and fry for 1 min. Add the rice and lentils to the pan and pour in the stock, bring to a simmer then cover, turn down and cook for 25 mins, stirring now and then, until the lentils have

turned creamy. Add the tomatoes and spinach and cook for 5 mins.

■ Heat the remaining oil in a small frying pan and add the remaining cumin seeds, cooking for 1 min. Spoon the lentils into four bowls, drizzle over the cumin oil and top with the chilli. Serve with warm chapatis, if you like.

**GOOD TO KNOW** healthy • calcium • folate • fibre •  
vit c • iron • 4 of 5-a-day  
**PER SERVING** 838 kcals • fat 21g • saturates 4g •  
carbs 118g • sugars 12g • fibre 15g • protein 37g •  
salt 0.3g



Kitchari is a savoury porridge-type dish. It should have a thick, creamy texture and gently spiced flavour.



## Broccoli & goat's cheese pizzettes

**SERVES 2** **PREP** 15 mins  
**COOK** 15 mins **EASY** **V**

120g long-stem broccoli  
plain flour, to dust  
220g fresh or frozen pizza  
dough (defrosted if frozen)  
3 tbsp mascarpone  
1 lemon, zested  
1 courgette, peeled into strips  
(discard the seeded core)  
60g soft rindless goat's cheese  
1 red chilli, finely sliced  
olive oil, to drizzle

■ Heat the oven to 240C/220C fan/gas 9. Put a baking sheet in the oven to heat up.

■ Bring a medium pan of water to the boil, add the broccoli and boil for 1 min. Drain and pat dry with kitchen paper.

■ Lightly dust your work surface with a little flour. Split the dough in half and roll into two oval shapes. Mix the mascarpone and lemon zest together in a bowl. Remove the hot tray from the oven and use a palette knife to transfer the bases onto the baking tray. Spread with the mascarpone and top with the broccoli and courgette, then season with black pepper. Put back in the oven to bake for 10-12 mins or until crisp and golden around the edges.

■ Scatter with the crumbled goat's cheese and red chilli, and drizzle over a little olive oil to finish.

**GOOD TO KNOW** fibre • vit c • 2 of 5-a-day

**PER SERVING** 755 kcal • fat 41g • saturates 24g  
• carbs 72g • sugars 10g • fibre 6g • protein 21g • salt 2.8g



Frozen pizza dough is readily available in supermarkets, or make your own. Find a recipe at [bbcgoodfood.com](http://bbcgoodfood.com).







## Beetroot egg salad tartine

**SERVES 1** **PREP** 15 mins

**COOK** 10 mins **EASY** **V**

2 medium eggs  
1 large cooked beetroot,  
finely chopped  
1 tbsp fat-free Greek yogurt  
1 tbsp mayonnaise  
2 spring onions, sliced  
3 cornichons, finely chopped  
1 tbsp chopped dill, plus extra  
to serve  
2 slices wholemeal bread  
½ tbsp mixed seeds  
spinach and rocket salad,  
to serve (optional)

■ Bring a large pan of water to the boil, add the eggs and gently simmer for 8 mins. Remove from the pan with a slotted spoon and transfer to a bowl of cold water to cool down.

■ Peel the eggs and finely chop. Put in a mixing bowl with the beetroot, yogurt and mayo. Stir together with a fork until well combined. Fold through the spring onions, cornichons and dill, and season.

■ Toast the bread, top with the beetroot and egg salad and finish with the seeds and extra dill. Serve with salad, if you like.

**GOOD TO KNOW** calcium • folate • fibre • iron •  
1 of 5-a-day

**PER SERVING** 676 kcal • fat 42g • saturates 6g •  
carbs 39g • sugars 14g • fibre 8g • protein 32g • salt 1.6g



## Grain-stuffed peppers

**SERVES 2** **PREP** 10 mins

**COOK** 30 mins **EASY**

2 red peppers  
3 tbsp olive oil  
2 leeks, sliced  
30g diced chorizo  
2 garlic cloves, crushed  
250g pouch microwave grains  
(or 250g cooked grains)  
150g frozen spinach  
1 lemon, zested and juiced  
3 tbsp half-fat crème fraîche  
1 small bunch parsley,  
finely chopped  
50g mixed salad leaves, to serve  
1 tbsp flaked almonds,  
toasted (optional)

■ Heat the oven to 200C/180C fan/gas 6. Cut the peppers in half through the stalks. Scoop out the seeds with a spoon and discard. Put the peppers cut-side up on to a baking sheet and roast for 10 mins or until beginning to soften.

■ Heat half the oil in a non-stick frying pan over a medium heat. Add the leeks and chorizo and fry for 7 mins over a medium heat. Stir through the garlic, grains and spinach and cook for 3 mins or until the spinach has wilted. Mix through the lemon zest and crème fraîche and season to taste. Fill the peppers with the mixture and return to the oven for 10 mins.

■ Mix the remaining oil with the lemon juice and  $\frac{1}{2}$  the parsley. Toss the salad leaves with the dressing. Scatter the remaining parsley and almonds over the peppers, if using, and serve with the salad on the side.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron •  
3 of 5-a-day

**PER SERVING** 681 kcal • fat 42g • saturates 12g •  
carbs 45g • sugars 13g • fibre 18g • protein 22g •  
salt 0.6g







## Chicken & aubergine shawarma pittas

**SERVES 4** **PREP** 20 mins  
**COOK** 30 mins **EASY**

6 boneless and skinless chicken thighs  
3 tbsp za'atar  
1 tsp chilli flakes  
2 tbsp olive oil  
2 aubergines, cut into 1cm rounds  
large bunch parsley  
100g natural yogurt  
1 tbsp mayonnaise  
1 small garlic clove, finely grated  
½ red onion, thinly sliced  
1 small lemon, juiced  
4 large brown pitta breads  
hummus, sliced chilli and pickled gherkins, to serve

■ Heat the grill to medium. Open out the chicken thighs and gently bash them with a rolling pin to flatten them slightly. Mix together the za'atar, chilli flakes and oil, then toss with the chicken and aubergine in a large bowl. Season generously.

■ Line a large baking sheet with foil and lay the chicken on top. Grill for 10-15 mins or until cooked through and beginning to char around the edges. Meanwhile, heat a griddle pan or non-stick frying pan over a high heat until really hot. Add the aubergine slices in batches and cook on each side for 4-6 mins or until charred and softened.

■ Finely chop half the parsley and tear the remaining leaves. Mix the yogurt, mayonnaise and garlic, stir through the chopped parsley and season to taste with salt. Combine the torn parsley leaves in a separate bowl with the sliced onion and lemon juice, and season to taste.

■ Lightly toast the pittas and split in half. Serve the chicken at the table, sliced into strips, along with the aubergine, pittas, hummus, chilli, pickles, parsley salad and garlic yogurt for everyone to assemble their own shawarmas.

**GOOD TO KNOW** healthy • folate • fibre • vit c • iron • healthy • 1 of 5-a-day

**PER SERVING** 474 kcal • fat 23g • saturates 4g • carbs 34g • sugars 8g • fibre 12g • protein 27g • salt 0.9g

### gf tip

If you can't get hold of za'atar, simply mix together 1 tbsp each dried thyme, oregano and sesame seeds.



## Curried prawn & green bean pie

**SERVES 4** **PREP** 15 mins

**COOK** 25 mins **EASY**

3 tbsp olive oil  
1 onion, finely sliced  
40g plain flour  
3 tbsp medium curry paste  
600ml milk  
150g green beans, cut into 3 cm pieces  
1.2kg Maris Piper potatoes, cut into 2cm chunks  
1 heaped tsp turmeric  
1 tsp nigella seeds  
300g raw king prawns  
½ small bunch coriander, finely chopped  
2 tbsp half-fat crème fraîche

■ Heat 2 tbsp of the oil in a medium saucepan. Add the onion and a pinch of salt and fry over a medium heat for 8 mins, or until the onions turn golden and sticky. Stir the flour and curry paste into the onions and cook for 2 mins. Remove from the heat and quickly whisk through the milk in several additions to make a thick sauce.

■ Bring a large pan of water to the boil, add the beans and cook for 1 min, then scoop out with a slotted spoon and set aside. Add the potatoes to the water and cook for 5-6 mins or until you can easily insert a cutlery knife into them. Drain and mash. Stir through the remaining oil, turmeric and nigella seeds, then season to taste.

■ Add the prawns and green beans to the sauce. Bring to a simmer and quickly remove from the heat. Stir through the coriander and crème fraîche and season to taste.


■ Heat the grill to its highest setting. Spoon the mixture into a medium heatproof dish. Spread over the mashed potato and grill for 4-5 mins or until golden and bubbling.

**GOOD TO KNOW** calcium • fibre • iron • 1 of 5-a-day  
**PER SERVING** 560 kcal • fat 20g • saturates 6g •  
carbs 65g • sugars 13g • fibre 8g • protein 26g •  
salt 1.0g





## Speedy papa al pomodoro

**SERVES** 4 **PREP** 5 mins  
**COOK** 15 mins **EASY** 

3 tbsp olive oil, plus extra to drizzle  
3 large garlic cloves, crushed  
small bunch basil, leaves shredded,  
stalks finely chopped  
3 x 400g cans chopped tomatoes  
3 tsp caster sugar  
150g crusty stale bread (sourdough  
works well), torn  
grated parmesan or vegetarian  
alternative, to serve

■ Heat the oil in a non-stick casserole dish or saucepan. Add the garlic cloves and basil stalks and fry for 1 min. Tip in the chopped tomatoes, a canful of water and the sugar and season to taste. Bring to a simmer and cook for 15 mins.

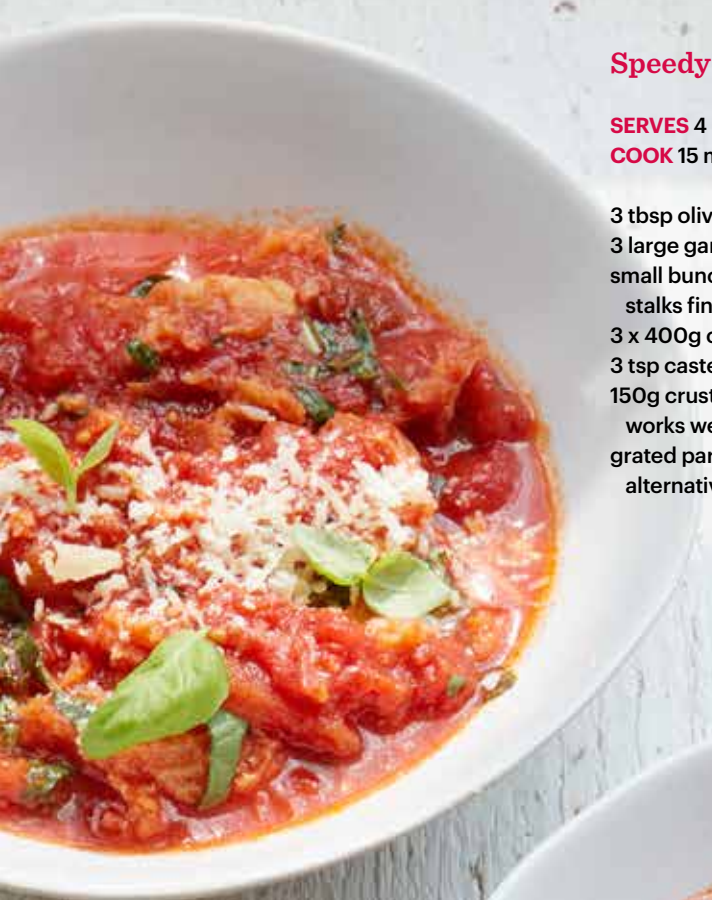
■ Stir the bread through the soup to create a thick, stew-like consistency, then stir in most of the basil leaves. Ladle into bowls, finish with parmesan and some extra basil.

**GOOD TO KNOW** healthy • low fat • 1 of 5-a-day

**PER SERVING** 270 kcal • fat 10g • saturates 1g • carbs 35g • sugars 15g • fibre 3g • protein 8g • salt 0.5g

### gf tip

Papa al pomodoro is a thrifty Tuscan stew made simply from stale bread and tomatoes. It's really quick to make and perfect for using up stale bread.







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# WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



*BRUNCH AT HOME, p42*



*ONE FOR THE CAKE TIN*

**Cherry crumble cake, p50**



*TOM KERRIDGE  
BIG SUMMER  
SALADS, p38*





TOM KERRIDGE

# Big summer salads

BBC chef **Tom Kerridge** elevates summer salads from simple side dishes to main courses to share  
*photograph* TARA FISHER

*A well-made salad holds one of the biggest opportunities to get creative in the kitchen and make summer eating come alive. I'm not talking about a bag of leaves and a bottled dressing either – it's all about considered ingredients that are seasoned and layered on top of each other, delivering a contrast of textures, flavours and temperatures with each and every mouthful.*

Peach panzanella



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. Find more of Tom's recipes on [bbcgoodfoodme.com](http://bbcgoodfoodme.com).  
🐦 @ChefTomKerridge



Barbecued baretti steak & tomato salad

Searched tuna & cucumber salad



### Peach panzanella

*Sweetness works in salads, and in this recipe it comes from ripe, juicy peaches rather than a sugary dressing. This salad is fantastic on its own, but it would also pair well with barbecued chicken.*

**SERVES 6** **PREP** 20 mins plus cooling **COOK** 10 mins **EASY** **V**

6 thin slices of brioche loaf, cut into cubes  
4 Little Gem lettuces, cut into quarters  
6 ripe peaches, stoned and cut into wedges  
2 balls burrata or buffalo mozzarella, torn into small chunks  
½ tsp lemon thyme leaves, to serve  
handful basil leaves, to serve

#### For the dressing

6 tbsp olive oil  
1 lemon, juiced  
1 tbsp capers in brine, drained and finely chopped

**1** Make the dressing by whisking the oil, lemon juice and capers together in a small bowl, then set aside.

**2** Heat oven to 190C/170C fan/gas 5. Scatter the brioche cubes over a baking sheet and bake for 8-10 mins until golden and crispy. Remove from the oven and set aside to cool.

**3** Arrange the lettuce on a serving platter with the peaches and buratta and season well. To serve, drizzle over the dressing, then scatter over the thyme, basil and croutons.

**GOOD TO KNOW** folate • vit c • 2 of 5-a-day

**PER SERVING** 336 kcals • fat 22g • saturates 9g • carbs 19g • sugars 10g • fibre 4g • protein 12g • salt 0.7g

### Barbecued bavette steak & tomato salad

*Bavette steak is often overlooked for the more expensive cuts, but it's packed with flavour. As it's best served thinly sliced, it's ideal for draping over a salad.*

**SERVES 6-8** **PREP** 30 mins plus resting **COOK** 5 mins **EASY**

500g mixed heritage tomatoes  
2 tbsp olive oil  
500g bavette steak  
2 red onions, cut into thick slices  
200g jar grilled artichokes in oil, drained  
150g feta, crumbled  
½ bunch chives, roughly snipped

#### For the dressing

2 tbsp red wine vinegar  
3 tbsp olive oil  
1 tsp onion seeds  
3 spring onions, trimmed and sliced

**1** Make the dressing by whisking the vinegar, oil, onion seeds and spring onions together, then set aside. Slice the tomatoes, then arrange over a large serving platter and lightly season with salt. Drizzle over most of the oil and set aside.

**2** Heat a barbecue or griddle pan to high and season the steak well. Cook for 2-3 mins on each side until charred but rare in the middle, then transfer to a warm plate to rest. Drizzle the remaining oil over the onions and grill until charred. Separate into rings and set aside.

**3** Slice the steak and arrange the tomatoes over it. Drizzle with any resting juices. Scatter over the artichokes and charred onions, then the feta and chives. To serve, drizzle over the dressing.

**GOOD TO KNOW** 2 of 5-a-day

**PER SERVING** (8) 253 kcals • fat 16g • saturates 6g • carbs 6g • sugars 4g • fibre 3g • protein 19g • salt 1.2g

### Seared tuna & cucumber salad

**SERVES 6-8** **PREP** 35 mins  
**COOK** 5 mins plus resting and 1 hr marinating **EASY**

3 tbsp soy sauce  
2 tbsp sesame oil  
1 tbsp cracked black pepper  
1 tbsp sunflower oil  
400g yellowfin tuna steaks

#### For the salad

3 cucumbers, peeled, halved, deseeded and cut into ribbons or spiralised  
1 mooli (or use extra breakfast radishes, see below), peeled and cut into ribbons or spiralised  
8 breakfast radishes, trimmed and finely sliced  
small piece ginger, peeled and cut into thin matchsticks  
2 tbsp sushi ginger, finely chopped (optional)  
2 sheets nori, cut into strips  
3 tbsp mirin  
2 limes, juiced  
large bunch coriander, chopped  
1 red chilli, deseeded and chopped  
1 tbsp coriander seeds, toasted and lightly crushed, to serve

#### For the dressing

4 tbsp natural yogurt  
1 tsp soy sauce  
1 tsp wasabi, or to taste  
1 lime, juiced

**1** Whisk the soy sauce, sesame oil and pepper together in a shallow dish. Heat the sunflower oil in a non-stick frying pan. Sear the steaks on both sides until cooked to your liking. Transfer to the dish with the marinade, then chill for 1 hr. Turn the steaks, then continue to chill until ready to assemble.

**2** Tip all the veg into a large serving bowl with both types of ginger and the nori. Drizzle over the mirin and lime juice, then add the coriander and chilli. Toss and rest for 20 mins.

**3** Make the dressing by whisking everything together. To serve, slice the tuna and arrange over the salad, then sprinkle over the coriander seeds and drizzle over the dressing.

**GOOD TO KNOW** omega-3 • 2 of 5-a-day

**PER SERVING** (8) 254 kcals • fat 11g • saturates 2g • carbs 9g • sugars 8g • fibre 3g • protein 29g • salt 1.9g





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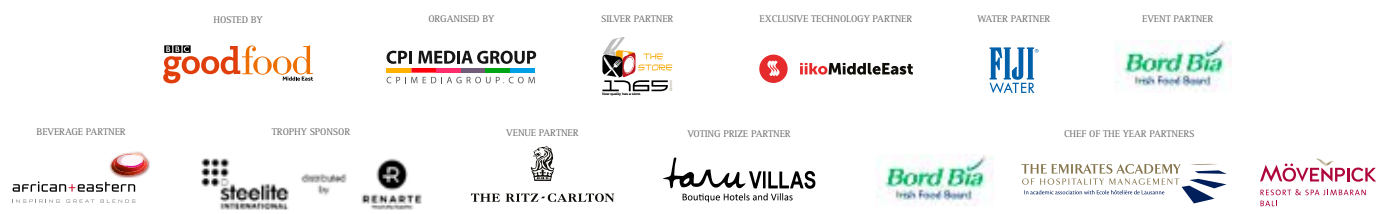
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VOTING CLOSES SUNDAY 3RD NOVEMBER 2019 AND THE HOLIDAY PRIZE WINNER WILL BE ANNOUNCED ON MONDAY 4TH NOVEMBER. FULL T&C'S AVAILABLE ON OUR WEBSITE.



# BRUNCH AT HOME

There's nothing quite like hosting a summer brunch at home, so get your friends and family together and have some fun with these fresh indoor picnic ideas

Marinated feta in  
thyme & chilli oil, p47


Roasted pepper salad with capers & pine nuts, p47

Minty bean & courgette dip with pitta crisps, p47



## Rustic chicken & apricot pie

**SERVES 10** **PREP 1 hr**

**COOK 1 hr 30 mins** **A CHALLENGE** 

450g pack boneless, skinless chicken thighs, chopped  
1 medium onion, quartered  
2 tsp coriander seeds, toasted  
½ tsp ground coriander  
¼ tsp ground cumin  
¼ freshly grated nutmeg  
454g pack pork sausages, meat squeezed from the skins  
200g pack bacon lardons  
2 tbsp chopped parsley  
12 ready-to-eat dried apricots  
340g pack mini chicken breast fillets

### For the hot water pastry

100g lard, plus extra for the tin  
450g plain flour, plus extra for dusting  
3 tbsp milk  
1 egg, beaten, to seal and glaze

**1** Heat oven to 200C/180C fan/gas 6. Brush a 23cm springform tin with a little melted lard and dust with a little flour.  
**2** Blitz the chopped chicken thighs in a food processor to mince them. Add the onion and blitz again to chop it. Tip into a bowl. Add the spices, sausagemeat, lardons, parsley and some salt. Mix well.  
**3** To make the pastry, melt the lard in a saucepan with 150ml water and the milk. When melted, remove from the heat, tip in the flour and beat well. Knead on a lightly floured

work surface, then roll out and use two-thirds to line the tin.

**4** Spoon in half the sausage and chicken mixture, then top with the apricots and half the chicken breast fillets. Cover with the rest of the mixture, then press the remaining chicken breasts on top.

**5** Roll out the remaining pastry and use to cover the pie, using some of the beaten egg to attach the pastry lid. Press firmly onto the filling, then bring the pastry from the sides over the top and seal. Make a hole in the top of the pie for steam to escape, and brush well with the egg. Bake for 30 mins, then reduce oven to 180C/160C fan/gas 4 and bake for a further 1 hr. Cool in the tin.


**PER SERVING** 565 kcal • fat 30g • saturates 11g • carbs 41g • sugars 6g • fibre 3g • protein 32g • salt 2.9g







## Sundried tomato soda bread baps

**MAKES 6** **PREP** 15 mins  
**COOK** 20-25 mins **EASY** 

250g plain white flour, plus extra  
for dusting  
250g seed & grain bread flour  
100g porridge oats  
1 tsp bicarbonate of soda  
1 tsp dried thyme  
25g butter  
85g sundried tomatoes (from  
a jar), roughly chopped  
475ml buttermilk

**1** Heat oven to 200C/180C fan/  
gas 6 and dust a baking tray with  
flour. Mix the flours, porridge oats,  
bicarbonate of soda, 1 tsp salt and  
thyme in a bowl, then rub in the  
butter using your fingertips.

**2** Add the tomatoes, pour in the  
buttermilk and mix quickly with  
the blade of a knife to make a wet  
dough. Tip onto a floured work  
surface, then cut evenly into six and,  
with floured hands, shape to make  
rounds. Handle the dough as little  
as possible – not just because it is  
sticky, but to make sure the texture  
stays light. Arrange, spaced apart,  
on the baking tray and mark a cross  
in the tops with a floured knife.  
**3** Bake for 20-25 mins until the  
bases of the baps are pale golden  
and sound hollow when tapped.  
Cover with a tea towel and leave to  
cool. To freeze, pack the cooled baps  
into a rigid container. Thaw at room  
temperature for 3 hrs.

**PER BAP** 492 kcal • fat 14g • saturates 4g • carbs 74g  
• sugars 5g • fibre 5g • protein 15g • salt 1.8g

Spread with  
butter, or use as  
the base for an  
open sandwich

## Smoked salmon soufflé tart

**CUTS INTO** 6 slices **PREP** 45 mins  
**COOK** 25-30 mins **MORE EFFORT**

½ x 375g pack shortcrust pastry  
50g plain flour, plus extra  
for dusting  
50g butter  
300ml milk  
3 large eggs, separated  
½ lemon, zested  
1 tbsp chopped dill, plus extra for  
scattering  
100g pack smoked salmon slices  
150g pack crumbly goat's cheese,  
diced

**1** Heat oven to 200C/180C fan/  
gas 6. Roll out the pastry on a  
flour-dusted surface and use to line  
a 22cm tart tin, leaving the excess  
overhanging. Line with baking  
parchment and baking beans and  
bake blind for 15 mins. Remove the  
paper and bake for 10 mins.

**2** Meanwhile, make the filling: put  
the butter, flour and milk in a pan.  
Heat, stirring all the time, until it  
makes a very thick, smooth sauce.  
Stir in the egg yolks, lemon zest,  
dill and seasoning.

**3** Beat the egg whites in a clean  
bowl with an electric hand whisk  
until they hold their shape, then  
fold carefully into the sauce.

**4** Tear the salmon slices into large  
pieces and arrange half over the  
base of the tart with half the goat's  
cheese. Spoon over the soufflé  
sauce, then arrange the remaining  
salmon and cheese on top with the  
extra dill and black pepper. Bake for  
25-30 mins until puffed up and  
golden. Trim the pastry edges.  
Transport still in the tin, or covered  
on a serving plate.

**GOOD TO KNOW** omega-3

**PER SLICE** 396 kcal • fat 27g • saturates 13g •  
carbs 22g • sugars 3g • fibre 1g • protein 17g • salt 1.8g



## New potato & green bean salad

**SERVES** 6 **PREP** 10 mins  
**COOK** 8 mins **EASY** V \*

500g medium new potatoes  
(Jersey Royals if you can get them),  
thickly sliced

200g green beans, trimmed

### For the dressing

1 tbsp lemon juice

1 tsp clear honey

1 tsp wholegrain mustard

3 tbsp olive oil

4 spring onions, thinly sliced

**1** Boil the potatoes in salted water for 8 mins until tender. Meanwhile, steam the beans in a steamer set over the potato pan for 4 mins. Keep a close eye on the beans as you want them to be just tender rather than soft. Cool the beans under the cold tap to keep their colour. Drain the potatoes and keep warm (this allows them to absorb the dressing better than if they are cold).

**2** Mix the dressing ingredients in a bowl. Add the warm potatoes and beans, and toss really well to coat in the dressing.

**GOOD TO KNOW** low fat

**PER SERVING** 123 kcs • fat 6g • saturates 1g •  
carbs 15g • sugars 3g • fibre 2g • protein 2g • salt 0.1g





## Potato & paprika tortilla

*Delicious served in wedges with cherry tomatoes, olives and crusty bread or salad. Alternatively, cut into squares to serve, tapas-style, with drinks in the garden.*

**SERVES 4** **PREP** 20 mins

**COOK** 25 mins **EASY** **V**

3 tbsp olive oil

250g new potatoes, ends trimmed, thickly sliced

1 small onion, halved and sliced

2 garlic cloves, chopped

½ tsp smoked paprika

½ tsp dried oregano or 3 tbsp

chopped fresh parsley, plus a few parsley leaves to garnish (optional)

6 large eggs

**1** Heat the oil in a deep 20cm non-stick frying pan over a medium heat. Fry the potatoes, onion and garlic for 10 mins until tender. Stir in the paprika to coat and fry for another 1 min.

**2** Beat the dried or fresh herbs in a bowl or jug with the eggs. Season, then pour into the pan. Stir a couple of times as the egg starts to set on the bottom of the pan, then leave to cook slowly over a very low heat for 10 mins until mostly set, except for the very top.

**3** Carefully slide the tortilla onto a plate. Cover with the pan and flip so that the uncooked top is now on the bottom and cook for 1-2 mins more. Garnish with parsley, if using, and serve warm or chilled.

**PER SERVING** 241 kcal • fat 17g • saturates 4g • carbs 11g • sugars 2g • fibre 2g • protein 11g • salt 0.3g



If you're making this tortilla just before leaving for a picnic, you can transport it in the cooled frying pan, if you like



## Marinated feta in thyme & chilli oil

*Pack some crusty bread to serve with this.*

**SERVES** 6-8 **PREP** 10 mins plus marinating **NO COOK EASY V**

100ml olive oil  
2 tbsp fresh thyme leaves, plus a few extra to serve  
4 garlic cloves, sliced  
¼ tsp chilli flakes  
140g semi-dried tomatoes in olive oil, drained  
175g pack or jar artichoke hearts in oil  
2 x 200g packs feta  
85g Kalamata olives

**1** Tip the olive oil and thyme into a bowl and blitz using a hand blender. Stir in the garlic, chilli and lots of black pepper. You could add some of the oil from the tomatoes and artichokes, too.

**2** Cut each block of feta into four (or six) and arrange in a glass jar or food container with the tomatoes, artichokes and olives. Spoon over the herby oil, scatter over the extra thyme and leave to marinate in the fridge overnight.

**PER SERVING** (8) 366 kcal • fat 35g • saturates 10g • carbs 3g • sugars 1g • fibre 2g • protein 9g • salt 3.2g

## Roasted pepper salad with capers & pine nuts

**SERVES** 4-6 **PREP** 10 mins  
**COOK** 10-15 mins **EASY V**

3 red and 3 yellow peppers  
3 tbsp extra virgin olive oil, plus extra for brushing  
1 large garlic clove  
1 tbsp white wine vinegar  
2 tbsp pine nuts, toasted  
1-2 tbsp capers  
few basil leaves, shredded (optional)

**1** Heat the grill and line a baking tray with foil. Arrange the peppers on the baking tray and brush with oil. Grill for 10-15 mins, turning, until the skins are charred. Put the peppers in a plastic bag and seal for 5 mins to loosen the skins.



**2** Meanwhile, crush the garlic and a generous pinch of salt to a paste using a pestle and mortar. Add the vinegar and oil and stir to make a dressing. Strip the skins and seeds from the peppers, then quarter. Put the flesh in a bowl or food container. Pour over the dressing and scatter over the pine nuts, capers and basil, if using.

**GOOD TO KNOW** vit c • 2 of 5-a-day  
**PER SERVING** (4) 209 kcal • fat 15g • saturates 2g • carbs 14g • sugars 13g • fibre 5g • protein 4g • salt 0.2g

## Minty bean & courgette dip with pitta crisps

*Dips are great to put out at the beginning of a picnic, and this is a nice alternative to hummus. Serve with veg sticks or these crunchy pitta crisps.*

**SERVES** 4 **PREP** 20 mins  
**COOK** 15 mins **EASY V** \* crisps only

2 tbsp olive oil  
1 courgette, finely diced  
2 garlic cloves, chopped  
400g can cannellini beans, drained

½ lemon, juiced  
170g pot 2% Greek yogurt  
2 tbsp chopped fresh mint  
**For the pitta crisps**  
8 pitta breads  
2 tbsp olive oil

**1** To make the pitta crisps, heat oven to 200C/180C fan/gas 6. Brush both sides of the pitta breads with oil, then tear into pieces. Spread on a large baking tray and season with flaky salt. Bake for 8 mins until starting to toast. The pittas will crisp up as they cool.

**2** To make the dip, heat the oil in a pan. Fry the courgettes and garlic with seasoning until the courgettes are tender. Set aside a couple of tablespoons of the courgettes and tip the rest into a bowl with the beans, lemon juice, yogurt and mint. Blitz using a hand blender until smooth, then spoon into a bowl or food container and top with the remaining courgettes.

**GOOD TO KNOW** 1 of 5-a-day  
**PER SERVING** 352 kcal • fat 13g • saturates 3g • carbs 45g • sugars 7g • fibre 3g • protein 12g • salt 1.6g



## Lemon & buttermilk pound cake

**SERVES** 12 **PREP** 25 mins

**COOK** 45 mins **EASY** 🌟 cake only

125g butter, plus extra for the tin

200g plain flour, plus extra for dusting

¼ tsp bicarbonate of soda

¼ tsp baking powder

200g golden caster sugar

4 lemons, finely zested (save a little for the top if you like)

2 large eggs, at room temperature, lightly beaten

100ml buttermilk, at room temperature

½ lemon, juiced

### For the syrup

50g granulated sugar

2 large lemons, juiced (use the lemons you've zested)

### For the icing

2-3 tbsp lemon juice

150g icing sugar, sifted

**1** Heat oven to 180C/160C fan/gas 4. Butter and flour a loaf tin measuring 22 x 11 x 7cm. Sift the flour with the bicarbonate of soda, baking powder and a pinch of salt. Beat the butter and sugar in a separate bowl until pale and fluffy, then add the lemon zest. Gradually add the eggs a little at a time, beating well after each addition. Mix the buttermilk with the lemon juice. Fold the flour mixture into the batter, alternating with the buttermilk and lemon mixture.

**2** Scrape the batter into the prepared loaf tin and bake for 40-45 mins, or until a skewer inserted into the centre of the cake comes out clean. Leave to sit for 10 mins, then turn out onto a wire cooling rack with a tray underneath it. Set the cake the right way up.

**3** To make the syrup, put the ingredients in a small saucepan and heat until the sugar has dissolved. Pierce the warm cake all over with a skewer, then pour the syrup over slowly. Leave to cool.

**4** To make the icing, gradually add the lemon juice to the icing sugar and mix until just smooth. If runny, put in the fridge for about 10 mins – you don't want it to set, you just want it become a little firmer. Pour or spread the icing over the cake (the bits that drizzle down the side will be caught by the tray under the cooling rack). This icing won't set hard, but do leave it to set a little before serving. Decorate with some extra zest, if you like.

**PER SERVING** 291 kcs • fat 10g • saturates 6g  
• carbs 47g • sugars 34g • fibre 1g • protein 4g  
• salt 0.4g

Will keep in an airtight tin or container for three to four days



## Little strawberry cheesecakes

*Making individual portions will save fights over who gets the biggest slice of this creamy ricotta pud with fruity compote.*

**MAKES 6** **PREP** 40 mins

**COOK** 35 mins **EASY**

50g butter

6 digestive biscuits, finely crushed

**For the filling**

250g tub ricotta

50g icing sugar

1 lemon, zested, ½ juiced

2 eggs, 1 whole and 1 yolk

½ tsp vanilla extract

150ml double cream

**For the topping**

2 tbsp strawberry jam, melted

3 strawberries, halved

**1** Heat the oven to 150C/130C fan/gas 2 and line 6 muffin tin holes with muffin paper cases. Melt the butter, stir in the biscuit crumbs until well mixed, then press as firmly as you can into the bases of each paper case. Chill them while you make the filling.

**2** Beat the ricotta with the sugar, lemon zest and juice, whole egg, egg yolk and vanilla. In another bowl, whisk the cream until it just holds its shape, then fold into the

mixture. Spoon into the paper cases, right up to the tops, then tap the tin on the work surface to flatten the filling. Bake for 30 mins, then turn off the oven and allow to cool completely inside.

**3** To decorate, top each cheesecake with 1 tsp jam and a strawberry half.

**PER SERVING** 378 kcal • fat 29g • saturates 17g • carbs 21g • sugars 15g • fibre none • protein 7g • salt 0.5g





ONE FOR THE CAKE TIN

# CHERRY CRUMBLE CAKE

Use seasonal, juicy cherries in this cake, enriched with almonds and soured cream, and finished with a moreish crumble topping. If you like, serve it as a dessert with warm, thick custard or vanilla ice cream

recipe ESTHER CLARK photograph MIKE ENGLISH

**SERVES 10 PREP 35 mins**  
**COOK 1 hr 20 mins EASY V**

180g salted butter, softened,  
plus extra for the tin  
220g golden caster sugar  
3 large eggs, lightly beaten  
250g self-raising flour  
½ tsp baking powder  
50g ground almonds  
80g soured cream  
300g fresh cherries, stoned  
and halved

**For the crumble topping**

45g plain flour  
35g cold salted butter, cubed  
20g golden caster sugar

**1** Heat oven to 180C/160C fan/gas 4. Butter the base of a deep 20cm loose-bottomed cake tin and line with baking parchment.

**2** To make the crumble topping, put the flour and butter in a bowl and rub together with your fingertips until you have a coarse, crumbly texture. Stir through the sugar, then transfer to the fridge.

**3** Beat the butter and sugar with an electric whisk for 5 mins until light and fluffy. Gradually whisk in the eggs, beating well after each addition. Fold in the flour, baking powder, ground almonds and soured cream, then most of the cherries, reserving a handful to garnish.

Spoon the mixture into the prepared tin and smooth over the top with a spatula. Dot with the reserved cherries, then bake in the centre of the oven for 30 mins.

**4** Scatter over the crumble topping, then return the cake to the oven and bake for a further 30-50 mins until a skewer inserted in the middle comes out clean. Remove from the oven and leave to cool in the tin.

**5** Slice the cake into thick wedges and serve with custard or ice cream, if you like. *Store in a tin or airtight container for up to three days.*

**PER SERVING** 452 kcal • fat 24g • saturates 13g  
• carbs 50g • sugars 28g • fibre 1g • protein 7g  
• salt 0.7g









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# health

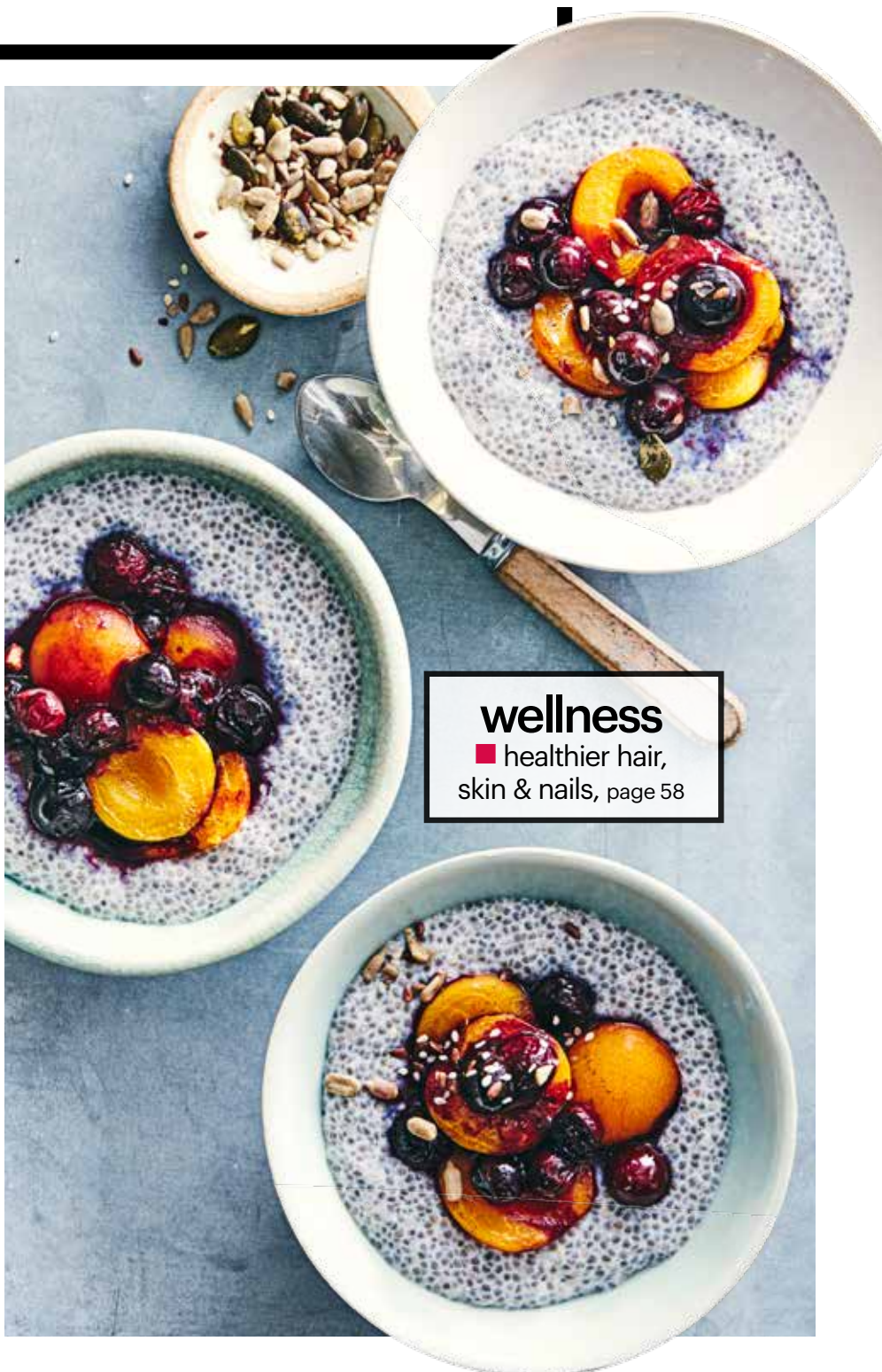
Delicious recipes and top tips for staying in shape



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# health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



## Meat-free Mondays at MINA

Every Monday, MINA Brasserie at Four Seasons DIFC, Dubai is offering guests a special menu that brings the restaurant's regular vegetarian and vegan dishes to the forefront, encouraging people to have at least one meat-free day each week. With more people than ever opting for a flexitarian lifestyle, going meat-free for one-day a week has been proven to improve overall health, help the planet and more.

Mondays at MINA offers a variety of high quality, satisfying meals that take vegetables from humble sides to championing elements.

Diners can expect popular menu staples, from starters to mains, such as grilled halloumi with vine cherry tomatoes and grilled baguette, roasted beets with hazelnuts, balsamic, and warm goat's cheese, aubergine mille feuille, burrata salad, tomato & avocado salad, and petite greens. And not to worry if you're dining with a carnivorous friend who just cannot live without meat – regular menu items are available to order a la carte. Call +971 (4) 506 0100 or visit [minabrasserie.com](http://minabrasserie.com).

## BEAT THE HEAT

## 5 yoga poses to try

The hot summer months are difficult to deal with but there is one form of exercise that can help you beat the heat – yoga. Yoga can help you cool off, stay focused, healthy and happy and help calm the mind with some very simple and yet effective practices, says Desmond Wong, Yoga Instructor at Fitness First.

Here, he gives his top tips on how specific yoga poses can help send calming waves through the nervous system and aid in the body's attempt to self-regulate:

**1. Moon Salutation** - The Moon Salutation, is a series of poses performed in a particular sequence to create a cooling flow of movement. Like the popular Sun Salutations, each pose in a Moon Salutation is coordinated with your breathing: Inhale to extend, and exhale to bend. But unlike Sun Salutations, which focus on heating and stimulating the body, Moon Salutations are cooling and quieting. They are used to calm the mind and to draw one's awareness inwards. Moon Salutations are useful when temperatures are high and when a tranquil, quiet presence is required.

**2. Supported Back Bends** - Backbends can seem intimidating but you don't have to be a contortionist or drop into a Full Wheel from standing to reap the heart and chest opening benefits this pose delivers. Possibly the hardest part about backbends is that they go against the natural way we hold and move our bodies. We slouch forward and move forward; backbends take us the opposite direction. They force us to be a bit vulnerable—essentially removing the shield that protects our hearts and emotions.



**3. Supported Shoulder Stand** - Supported Shoulder Stand stretches the neck and shoulders and strengthens the legs, glutes, arms, and core. The pose also stimulates the abdominal organs and the thyroid gland, aiding with digestion and the regulation of hormones. It can also benefit those who suffer from anxiety, stress, and mild depression. Those with any form of neck injuries should practice this pose with caution, using folded blankets or towels for support beneath the shoulders to protect the cervical spine.

**4. Seated Forward Fold** - As a forward folding posture, the Seated Forward Bend pose helps to calm and relax. It can also help with stress, anxiety, insomnia, headaches, and mild depression. Physically, the pose stretches the spine, shoulders, and hamstrings, stimulates the internal organs, and can also improve digestion and help to ease menstrual discomfort.

**5. Supine Twisting Posture** - This pose is one of the go-to, end-of-class, postures. Since it helps to make the transition from the yang of practice, into the yin of Savasana, smooth and seamless. This pose is both calming and conducive for meditative, slow breathing, as well as being very healing in its own right.



## Revitalising spa & dine deal

For a day of relaxation and revitalisation, spoil yourself with a unique sensorial journey at Guerlain Spa, One&Only The Palm, Dubai. Available from now through to September 30, 2019, Guerlain Spa is offering a 60-minute Imperial Relaxing Massage, day-long access to chill and relax by the Spa adults' pool and a three-course light lunch at ZEST restaurant or an elegant Afternoon Tea, for Dhs995 per person. Should your partner wish to join for the down time by the pool and lunch only, the cost is Dhs470 per person. The spa is open daily from 10am to 9pm. Contact Spa@OneandOnlyThePalm.com or call +971 4 440 1040.



## New vegan dishes at LAH LAH



Meeting the growing demand for healthier choices, LAH LAH at Zabeel House by Jumeirah, The Greens has introduced 13 new pan-Asian vegan-friendly dishes to its menu.

The edgy pan-Asian kitchen and bar has added vegan specials that boast refreshing Asian flavours, including dishes like the pomelo salad with dried coconut, peanuts, fried onion, coriander and Thai dressing and Thai green mango salad with raw mango, green papaya and

chili. For mains, vegans can choose from vegetable green curry with tofu, Thai eggplant, mushroom and Thai basil or wok fried crispy tofu with onion, capsicum, green pepper corn, baby corn, black pepper and oyster mushroom sauce.

"Veganism and the demand for a health-conscious menu across the GCC has gone from zero to a hundred overnight. It's not just a trend but a lifestyle for many and we're keen to present our authentic pan-Asian specials with a lineup of vegan creations," said Chef Rosnani Natsir Hasan, Head Chef of LAH LAH. "The new menu is very inclusive which is the underlying ethos of Zabeel House – we aim to provide a sense of community and the launch of LAH LAH's new menu welcomes not just vegans and vegetarians but everyone on every form of diet."

Call +971 4 519 1111 or e-mail [reservations@jumeirah.com](mailto:reservations@jumeirah.com).

### VITAMIN D BOOST

## 5 fruits and vegetables to eat



During the summer months in the UAE, a recent study revealed that over 90% of residents suffer from Vitamin D deficiency. While sunlight exposure is a good way to increase Vitamin D levels, it can be difficult to soak up some much-needed rays in the harsh summer heat.

Vitamin D is important as it plays a vital role in bone health as well as in nerve, muscle and immune function. Here, NRTC Fresh has rounded-up a way to up your Vitamin D intake this summer, with a selection of fruit and vegetables high in Vitamin D:

**Mushrooms:** Mushrooms also have high levels of iron, so combined with Vitamin D, works together for healthier bones.

**Broccoli:** Broccoli has high levels of Vitamin D and is also full of iron too. Broccoli can be easily added steamed or boiled as a side dish to most meals.

**Avocado:** Not only does avocado have plenty of Vitamin D, it also helps reduce inflammation, lowering redness and also fighting wrinkles thereby making it highly recommended in a balanced diet.

**Papaya:** Papaya is great eaten on its own, in fruit salads or even in savoury Asian dishes. The papaya is also high in fibre which is great for digestion.

**Peach:** Peaches should be a staple in your fruit basket. They have high levels of Vitamin D and also help prevent the risk of Type 1 diabetes as they show a significant decrease in blood sugar levels, thanks to their high fiber content.

The above fruit and vegetables can be ordered through NRTC Fresh, an online fresh fruits and vegetables platform in the UAE. The baskets and boxes start from Dh55 for 5kg of fresh produce. NRTC Fresh also promises same-day delivery for orders placed before 2pm and free delivery for orders valued over Dh80. For more information, visit [nrtcfresh.com](http://nrtcfresh.com).



## Flexitarian delivery service, Flexi Kitchen launches in the UAE

Flexi Kitchen, a virtual, delivery-only restaurant concept based on the flexitarian diet has launched in the UAE.

The flexitarian diet is a combination of the words flexible and vegetarian, and is a healthy approach to eating, which encourages the consumption of mainly plant-based food but not cutting out meat and other animal products altogether. The lifestyle is increasing in popularity across the globe including the UAE, especially for people who do not want to commit to a full vegetarian or vegan lifestyle since it allows them a flexibility that they can adapt to their lifestyle, social life and health conditions.

The meals offered by Flexi Kitchen are cooked using freshly sourced ingredients. The menu includes breakfast, salads and mains including a Beyond Meat burger, the world's first plant-based burger that looks, cooks, and satisfies like beef without GMOs, soy or gluten. Flexi-Kitchen is one of the few dining outlets in Dubai that currently offer Beyond Meat burger.

Flexi Kitchen is available for delivery through Deliveroo. For more information, follow Flexi Kitchen's Instagram @flexikitchenuae or visit their Facebook page at Flexi Kitchen UAE.





## Beetroot latkes

HEALTHY

LOW  
FAT

LOW  
CAL

**SERVES 2** **PREP** 25 mins **COOK** 20 mins **EASY V**

1 tbsp rapeseed oil  
4 tbsp fat-free  
Greek yogurt  
½ small bunch mint  
leaves, finely chopped  
150g mixed rocket salad  
leaves  
130g cherry tomatoes,  
halved

### For the latkes

400g raw beetroot,  
peeled, trimmed  
and coarsely grated  
1 large egg, beaten  
1 tbsp plain flour  
1 large garlic clove, grated  
1 tsp caraway seeds  
½ tsp ground cumin  
1 lemon, zested

**1** Heat the oven to 180C/160C fan/gas 4. Make the latkes by combining all of the ingredients.

**2** Heat the oil in a large non-stick pan. Spoon in the mixture to make six round latkes. Fry for 4-5 mins on each side, then transfer to a baking sheet and bake for 10 mins.

**3** Combine the yogurt and mint in a small bowl. Toss the salad leaves and tomatoes together, then serve the latkes with the mint yogurt and salad.

**GOOD TO KNOW** healthy • low fat • low cal • calcium • folate • fibre  
• vit c • iron • 3 of 5-a-day

**PER SERVING** 307 kcals • fat 10g • saturates 1g • carbs 28g • sugars 19g  
• fibre 8g • protein 22g • salt 0.6g

## 3 healthy ways

# brilliant beetroot

This pretty purple root is packed full of vitamin C and folate, making it the star ingredient in these nutritious, immune-boosting recipes

*recipes* ESTHER CLARK *photograph* ROB STREETER





## Beetroot, apple & broad bean tabbouleh



**SERVES 4** **PREP** 15 mins plus cooling **COOK** 15 mins **EASY** **V**

150g bulgur wheat  
1 heaped tsp coriander seeds  
small bunch parsley, finely chopped  
1 small apple, thinly sliced  
200g podded broad beans  
2 raw beetroot, peeled, trimmed and finely sliced  
1 lemon, juiced  
3 tbsp rapeseed oil  
30g feta, crumbled  
20g shelled pistachios, roughly chopped

- 1 Tip the bulgur into a sieve and rinse under cold water. Cook in a pan of boiling water following pack instructions. Drain and leave to cool.
- 2 Crush the coriander seeds, then tip into a pan and dry-fry for 3 mins until just toasted. Toss the bulgur with the toasted seeds, the parsley, apple, broad beans, beetroot, lemon juice and rapeseed oil.
- 3 Spoon the tabbouleh onto a serving platter and scatter over the feta and pistachios.

**GOOD TO KNOW** healthy • low cal • folate • fibre  
• vit c • 1 of 5-a-day  
**PER SERVING** 310 kcals • fat 13g • saturates 2g  
• carbs 31g • sugars 6g • fibre 13g • protein 10g  
• salt 0.3g



## Crab & beetroot pâté



**SERVES 4** **PREP** 10 mins  
**COOK** 2 mins **EASY**

150g white crabmeat  
3 cooked beetroot (about 65g each), grated  
2 tbsp half-fat crème fraîche  
1 lemon, zested and juiced  
½ small bunch dill, finely chopped  
½ small bunch parsley, finely chopped  
8 runner beans, halved

350g baby cucumbers, halved (or 1 cucumber, cut into matchsticks), to serve  
8 radishes, halved, to serve  
crispbreads, to serve (optional)

- 1 Mix together the crabmeat, beetroot, crème fraîche, lemon zest and juice, dill and parsley. Season with black pepper.
- 2 Blanch the runner beans in boiling water for 1 min, then drain and cool in iced water. Serve the pâté with the veg and the crispbreads for dunking, if you like.

**GOOD TO KNOW** healthy • low fat • folate • vit c  
• 2 of 5-a-day  
**PER SERVING** 112 kcals • fat 4g • saturates 2g •  
carbs 7g • sugars 6g • fibre 3g • protein 11g • salt 0.4g



For more beetroot recipes, visit [bbcgoodfoodme.com](http://bbcgoodfoodme.com)





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Supercharge your diet with key nutrients to boost hair and nail growth and to keep your skin healthy

*recipes* ESTHER CLARK

*photographs* ROB STREETER





Veggie  
okonomiyaki, p60



## breakfast

### Apricot & seed overnight chia

The berries provide a dose of antioxidants called anthocyanins that help to support healthy skin.



**SERVES 4 PREP 10 mins plus**  
overnight soaking **COOK 25 mins**  
**EASY V**

8 tbsp chia seeds  
350ml unsweetened almond milk  
3 tbsp mixed seeds  
8 fresh apricots, halved and stoned  
1 tsp vanilla bean paste  
100g blueberries  
½ lemon, zested and juiced  
honey, to serve (optional)

- 1 Put the chia seeds, milk and half the mixed seeds in a medium bowl and stir. Cover and transfer to the fridge to soak overnight.
- 2 Heat oven to 180C/160C fan/gas 4. Spread the apricots out over a flat baking tray and toss with the vanilla bean paste. Roast for 15-20 mins until soft and just caramelised. Tip the blueberries into a pan with the lemon zest and juice and simmer for 4-5 mins until juicy and bursting.
- 3 Divide the chia seed mixture between four bowls, then spoon over the apricots, blueberry compote, remaining mixed seeds and a drizzle of honey, if you like.

**GOOD TO KNOW** healthy • low cal • calcium • fibre • omega-3 • 1 of 5-a-day • gluten free  
**PER SERVING** 225 kcals • fat 13g • saturates 1g • carbs 12g • sugars 9g • fibre 13g • protein 8g • salt 0.1g

## lunch

### Veggie okonomiyaki

Eggs contribute vitamin D, which boosts nail growth. Use omega-3-rich eggs to increase the amount of vitamin D in this dish.



**SERVES 2 PREP 15 mins**  
**COOK 10 mins EASY V**

3 large eggs  
50g plain flour  
50ml milk  
4 spring onions, trimmed and sliced  
1 pak choi, sliced  
200g Savoy cabbage, shredded  
1 red chilli, deseeded and finely chopped, plus extra to serve  
½ tbsp low-salt soy sauce  
½ tbsp rapeseed oil  
1 heaped tbsp low-fat mayonnaise  
½ lime, juiced  
sushi ginger, to serve (optional)  
wasabi, to serve (optional)

- 1 Whisk together the eggs, flour and milk until smooth. Add half the spring onions, the pak choi, cabbage, chilli and soy sauce. Heat the oil in a small frying pan and pour in the batter. Cook, covered, over a medium heat for 7-8 mins. Flip the okonomiyaki into a second frying pan, then return it to the heat and cook for a further 7-8 mins until a skewer inserted into it comes out clean.
- 2 Mix the mayonnaise and lime juice together in a small bowl. Transfer the okonomiyaki to a plate, then drizzle over the lime mayo and top with the extra chilli and spring onion and the sushi ginger, if using. Serve with the wasabi on the side, if you like.

**GOOD TO KNOW** healthy • low cal • folate • fibre • vit c • 2 of 5-a-day  
**PER SERVING** 312 kcals • fat 15g • saturates 3g • carbs 29g • sugars 6g • fibre 5g • protein 15g • salt 0.7g

## dinner

### Thai mackerel & sweet potato traybake

The dose of vitamin A you'll get in this simple, tasty traybake will help to keep skin healthy.



**SERVES 4 PREP 30 mins**  
**COOK 45 mins EASY**

2 red chillies, deseeded and roughly chopped, plus extra sliced chillies to serve  
4 shallots, roughly chopped  
2 garlic cloves  
1 thumb-sized piece ginger, peeled and chopped  
1 lemongrass stalk  
1 tbsp hot smoked paprika  
2 limes, zested and juiced, plus wedges to serve  
200g sweet potato, peeled and cut into 1cm cubes  
1 tbsp rapeseed oil  
2 red peppers, deseeded and sliced  
3 dried kaffir lime leaves  
4 raw mackerel fillets  
4 spring onions, trimmed and sliced  
small bunch coriander, chopped  
320g broccoli, steamed

- 1 Put the chillies, shallots, garlic cloves, ginger, lemongrass, paprika, lime zest and juice and 1 tbsp water into a small food processor and blitz to a smooth paste.
- 2 Heat oven to 200C/180C fan/gas 6. Put the sweet potato in a large roasting tin and toss with the oil. Add the curry paste, peppers and kaffir lime leaves and roast for 35-40 mins until the potato is tender. Heat the grill to high.
- 3 Slash the mackerel skin a few times with a sharp knife. Arrange the fish over the veg, skin-side up, then grill for 4-5 mins until the skin is blistered and the flesh is cooked through.
- 4 Scatter over the spring onions, coriander and extra chillies, then squeeze over the lime wedges. Serve with the steamed broccoli.

**GOOD TO KNOW** healthy • low cal • fibre • vit c • omega-3 • 2 of 5-a-day • gluten free  
**PER SERVING** 388 kcals • fat 20g • saturates 4g • carbs 24g • sugars 14g • fibre 9g • protein 22g • salt 0.4g







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# GOURMET LIFESTYLE



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STAY

# RIXOS SAADIYAT *ISLAND*


This month's gourmet getaway is to Saadiyat Island's first and only all-inclusive resort, the newly-opened Rixos Saadiyat Island, Abu Dhabi

By **Sophie Voelzing**

## **GREAT FOR**

- Families
- All-inclusive F&B
- Beachside activities
- Live entertainment





**P**erfect for a weekend getaway, the newly-opened Rixos Saadiyat Island is located just an hour's drive from Dubai. Considering it's just a straight-through, easy ride along Sheikh Zayed Road and across Yas Island, arriving at Rixos Saadiyat Island makes you feel like you're a world away from the hustle and bustle of city life, with beautiful aqua waters and white sand beaches stretching along the private front of the property – and not a crane in sight (bliss!).

Representing the first resort of its kind on the island to provide an all-inclusive offering within its room rates, Rixos Saadiyat Island represents the brand's fourth opening in the Middle East, following Rixos Premium Dubai, Rixos The Palm, and Rixos Bab Al Bahr in Ras Al Khaimah.

Inside, the hotel's interiors are luxuriously designed, and our first impressions are that it feels nothing like an all-inclusive property. No expense has been spared on the design, with a grand chandelier, opulent water feature, marble flooring and vaulted ceilings to greet guests as they enter the lobby.

Drawing inspiration from the brand's Turkish roots, design elements throughout the hotel are selected to mirror palaces of the Ottoman Empire. Think fresh shades of green, blue and turquoise on crisp white backgrounds with plush velvet fabrics and rich golden furnishings – it's all very tastefully done.

Located on the private beachfront of Saadiyat Island, the resort's location is what really sets the scene for an inviting stay, with uninterrupted views out over the Arabian Gulf and an unpopulated stretch of sand that's perfect for taking morning and sunset strolls upon.

During our visit, we stayed in a spacious One-Bedroom Family Suite with Pool Access, which offered plenty of space across the separated living room area, bedroom, two bathrooms, walk-in wardrobe and terrace. Although the room pools are not exclusive per suite, they're separate from the main pools and allow access to only a couple of guests per pool (not all room categories have this access) – which is ideal for stays during high occupancy periods as the main pool area can get quite busy.

All-in-all the resort has 366 rooms and suites, plus 12 three- and four-bedroom villas,





## GCC RESIDENTS OFFER – UP TO 25% DISCOUNT

*As a GCC resident, save up to 25% on your stay at Rixos Saadiyat Island*

The offer includes the following benefits:

- Ultra All-Inclusive Stay
- Water Park & Wave Pool free access
- Complimentary daily sport activities
- Complimentary daily Kids activities

**Offer is valid for GCC residents only. ID card must be presented upon check-in.**

each of which boast shared or private pools with direct access to the beach and a dedicated butler – a great option for those travelling as a family, a larger group or for anyone looking for a little more privacy.

## Dining

To ensure your culinary needs are catered to during the stay, Rixos Saadiyat Island is home to ten restaurants and bars, so you'll always have the option to try something new, should you wish.

What we liked about this resort, is that all of the F&B outlets are included in the all-inclusive package, so you needn't worry about select venues not being available to you – just be sure to make reservations ahead of time, as certain restaurants book up before others.

Restaurant highlights include Aja, the hotel's Japanese restaurant where you can enjoy a sit-down meal in the main dining room or alternatively an



interactive Teppanyaki dinner around one of two teppan tables as chefs cook live in front of you.

For breakfast, brunch, lunch or dinner, the hotel's all-day dining restaurant Turquoise specialises in authentic Turkish cuisine, but also boasts an international spread ensuring there's something for everyone.

If you spend the evening enjoying live musical entertainment at the Lobby Bar over drinks, you'll be pleased to hear

that Turquoise also offers a midnight buffet, so that you can enjoy a cheeky snack before bed.

Another one to try is the hotel's nautical-inspired seafood restaurant, Mermaid, which sits overlooking the beach – it's quite a romantic setting at night and perfect for those celebrating a special occasion.

Find Italian classics served at L'Olivo, tastes of Oriental Turkish cuisine at Orient, beachside snacks from People's



## EID AL ADHA TICKET OFFERS

*Rixos Saadiyat Island is offering exclusive deals to celebrate the Eid Al Adha holiday this month.*

**FOR ART & HISTORY LOVERS:** Guests who book from August 8 – 16, 2019 for a minimum of three-nights will receive four complimentary tickets to Abu Dhabi Louvre and enjoy a variety of galleries, exhibitions, and public spaces underneath the iconic dome. For those interested in history, the five-star resort extends 2-tickets included to Qasr Al Watan, creating a thought-provoking experience for the whole family.

**FOR THRILLSEEKERS:** Guests seeking a thrilling weekend can enjoy two Yas Island tickets included for one-day pass to a park of their choice (including Yas Waterworld and Ferrari World), along with two complimentary tickets for children under the age of 11.

**Prices from Dhs1,546 per night, on an all-inclusive basis.**



## DINING OFFER AT RIXOS SAADIYAT ISLAND

### TRUTHFUL BRUNCH DAYCATION

Every Friday at Turquoise Restaurant,  
from 1pm – 4pm



For visitors wishing to experience Rixos Saadiyat Island without spending the night, the resort recently introduced an all-inclusive brunch and day pass offer with its new family-friendly Turkish

Brunch at Turquoise Restaurant, complete with 'daycation' package.

Offering an extensive selection of international cuisines with a strong focus on authentic Turkish delicacies every Friday, the brunch features a mix of live cooking stations and buffet spreads. Expect to find freshly-made dolmas, mixed grills, kebabs, mezzes, homemade baklava and Turkish delight. With a choice of indoor and outdoor seating, the brunch remains undisrupted during the hotter summer months, as the inside dining room invites guests to enjoy Mediterranean-inspired décor.

Reflective of its all-inclusive offering, Rixos Saadiyat Island provides brunch-goers with extra inclusions as part of their brunch package. Local residents can enjoy a full 'daycation' with access to the resort's beachside pool and private beach. Plus, 20% discount off treatments at Anjana Spa and access to the kids' Aqua Park and wave pool. **PRICE:** Dhs700 per person for brunch with house beverages, day-long pool and beach access, and 20% discount off spa treatments at Anjana Spa. Families can also enjoy access to the kids' Aqua Park and wave pool – so you can make a day out of it. Brunch is priced at Dhs375 per child, including soft beverages, plus pool and beach access as well as full use of the kids' Aqua Park and wave pool.

or one of many Food Carts dotted around the resort. There's also a series of beach bars, tea and shisha lounges and the Club House – an exclusive restaurant reserved for villa guests.

### Relax, revitalise & entertain

Designed to cater to all members of the family, Rixos Saadiyat Island has a wealth of activities and entertainment to keep everyone happy and satisfied.

Especially inviting for families, the resort houses a mini water park

complete with wave pool for all ages and a children's aqua park to keep the little ones happy. There's also the Rixy Kids Club, plus a wide range of in-resort activities – from sunset paddle boarding and in-pool aqua aerobics, to yoga on the sand to suit those looking for something active.

As the resort is just a 10-minute drive from the capital's center or Yas Island, there's also plenty out-of-resort options too like a trip to Yas Waterworld, Ferrari World or the Abu Dhabi Louvre.



For ultimate relaxation, a trip to the hotel's Anjana Spa is not to be missed, where age-old wellness customs from Turkey are practiced with expertise. From the moment you set foot through the spa's door, expect to unwind in a fully-immersive setting that boasts traditional Ottoman architecture, plus indoor and outdoor relaxation areas with steam room, sauna, outdoor pool, and ice room facilities.


There's plenty on the spa menu to choose from, however, an experience in one of the Turkish Hammam rooms here is definitely something to consider treating yourself to. It's truly a space to restore balance for mind, body and soul.

Whether you're looking for an activity-packed weekend or a relaxing escape, we're certain that Rixos Saadiyat Island holds the key to ultimate enjoyment – all without having to step foot on an airplane.

### STAY

Rixos Saadiyat Island  
Call 02-4922222  
E-mail reservation.saadiyat@rixos.com  
Visit rixossaadiyatland.com





# *May the source be with you*

We venture on a culinary journey around France to learn all about an invaluable kitchen staple ingredient – butter.

By **Vijaya Cherian**

Text by GLENN HOLLAND | Photographs SUPPLIED





A week-long tour through dairy farms and butter factories in France supplemented by workshops on how to cook with butter has transformed an uninitiated dairy consumer like myself to a more informed buyer. I have always believed that we are what we eat and, therefore, over the years, have pored over product labels before settling on brands that I have thought would be healthy choices for my family. It's still a work in progress. Butter, however, was thus far not subject to so much inspection – until now.

The gastronomic tour was a fascinating journey that didn't just introduce us to a gamut of different flavours of butter but helped us understand the importance of tracing it to its source; the ingredients, the ethics, the art and the skill that go into making chemical-free butter and more importantly, how you can make your own flavoured butter at home or use it as it should be, to enrich the flavours in our foods.

Butter making itself is a simple process and one that some of us have probably seen our grandmothers practice back home. Typically, milk is skimmed to separate the cream; pasteurisation eliminates pathogen flora; maturation helps to develop the aroma; churning





#### TOP TIPS

### *Cooking with butter*

**CREAMY CONSISTENCY:** To get a creamy consistency for your butter: cut two-inch squares of half the butter you intend to use and place it in a bowl. Melt the other half in a microwave, take it out and whisk it along with the cold squares very quickly to get a creamy consistency. Creamy butter is used extensively in French cuisine.

**NON-STICK CAKE:** To ensure your cake doesn't stick to the cake mould: freeze your cake mould. Then put melted butter on it and it will immediately harden. Now pour your batter into the mould. Your cake will never stick.

**SALTED BUTTER:** Salting your butter at home: if you add salt to butter, it won't dissolve unless you are looking to achieve a crunchy taste. Instead, add the salt to some lemon juice and then mix it in the butter to ensure it dissolves.



joins the fat matters together; washing helps eliminate the lactose and casein in the butter; kneading eliminates excessive residual waster and finally, it is packaged for commercial use.

Although the process itself is similar, the secret to each commercially produced butter lies in the quality of the milk, its fat content, the use of different materials to churn the butter, the culture that is added to the butter to refine its taste and so on. Of course, the first and foremost rule to making any good butter is to ensure that the milk is sourced from healthy and happy cows that graze in lush green pastures – a landscape that defines France thanks to its temperate climate.

France also mandates that all French butters have at least 82 percent butterfat, a maximum of 16 percent water, and 2 percent carbohydrates, vitamins, minerals. Butter from other parts of the world may vary from 80-82% fat. That 2 percent difference gives French butter its richer taste and smooth texture.





The factory that produces the famed gourmet Echiré butter, for instance, receives its milk from around 60 dairy farms that are part of the Cooperative Laitière de la Serve and all are within a 60km radius of the village of Echiré, which lies in the West of France. 1,000 litres of milk within 48 hours of being produced is skimmed to produce 100 litres of crème. That crème then arrives at the butter factory and is matured for around 18 hours after which it is combined with the factory's signature lactic cultures before it is eventually churned in a wooden barrel. This is one of the few factories in the world that continues the practice of using a wooden churn, which imparts a certain distinctive flavour to the butter. The churning lasts for approximately two hours and 30 minutes. The butter that you get from this has a soft texture and a hazelnut flavour that is characteristic of Echiré butter.

Echiré, which carries the famed Protected Designation of Origin (PDO) stamp, prides

“**Pastry chefs need the same recipe for butter each time to ensure they get the same results. We produce butter with 82% fat for regular consumers and a recipe with 84% fat for pastry chefs.**”



itself on making artisanal butter, which is often limited in quantity and produced from natural ingredients by small-scale producers. As a result, this factory produces only 2,000 tonnes of butter a year compared to other factories that perhaps produce 50 to 100 times that amount.

“The first employees come at 3am in the morning and they will decide when the crème must be turned to butter,” explains Guillaume Ribadiere, Sales and Marketing Director at Echiré.

“You need between 18 to 22 hours for this process. If they think two more hours are required for the crème to mature, they will adapt to the creme. All decisions are made based on the maturation of the creme. We don't play with time because time helps us to develop the special aromas in our butter,” he says.

Echiré butter is sought out by puff pastry makers for two reasons. One, because it produces butter with 84% fat for pastry chefs and two, because the factory has maintained consistency by ensuring that its century-old butter recipe has remained unchanged.

“A good pastry maker always prefers our butter over the others because our butter recipe has remained the same for the last 125 years. Pastry chefs need the same recipe for butter each time to ensure they get the same results. We produce butter with 82% fat for regular consumers and a recipe with 84% fat for pastry chefs,” explains Ribadiere.

While he says 82% fat should also suffice, if you are looking to enhance the taste in your puff pastry, the secret could be in butter that carries 84% fat and an unchanged recipe.

The packaged butter is then refrigerated for roughly ten days to pack in all the aromas before the full taste of the butter can come through.





## TRY AT HOME

### Dates & Pistachio Butter

*Impress your friends with this special, easy-to-make butter recipe by Chef Christophe*

**PREP 15 MINS WAIT 2 HRS**

125g butter  
8 dates  
1 organic lemon  
1 organic lime  
Fine salt  
Fleur de sel Safran

#### METHOD

- Pit 8 dates. Melt the butter with 7 dates and wrap in a bowl covered with plastic film and leave for 1 hour at ambient temperature.
- Lightly heat the butter again with the dates.
- Remove the dates and crush them through a sieve in the butter.
- Cut the last date in small pieces. Add into the butter.
- Zest  $\frac{1}{4}$  of the yellow lemon and  $\frac{1}{4}$  of the green one. Squeeze the yellow lemon to get 1 teaspoon of lemon juice. Heat the lemon juice in the microwave. Add the fine salt and dissolve it in the hot lemon juice
- Add the salty lemon juice, the 'fleur de sel' and the safran into the butter. Wrap with a plastic film. Let stand half an hour in ambient temperature so that the butter has an ointment texture. When the butter is well ointed whip it to homogenize the filling.
- Put the butter in the mold of your choice. Wrap with a plastic film. Store in the refrigerator 24 hours before eating.



We were in time at the factory to see 925 kgs of butter (made from 25,000 litres of milk) churned out of Echire's wooden barrel.

A slightly different experience awaited us at the well-known Payson Breton factory in Brittany, known as the land of butter. Payson Breton, a popular brand in the Middle East for several dairy products including cooking and whipped crème, butters as well as different cheeses, leads in the traditional moulded butter category. The brand enjoys around 15% of the butter market share in France after President at 17% and is especially known for its salted butter. Here, butter is produced at a much larger scale annually but again, French standards are maintained with milk collected from 85 farms within a 100km radius of the factory.

"The cows in Brittany graze in the fields for at least 200 days a year as we enjoy temperate climate all year long," says Anne-Laure Tondou, Marketing Manager at LAITA PGC. "In spring and summer, especially, the cows are outside grazing so the creme is a lot richer".

Bretons have created an entire cuisine around their butter with well-known delicacies like crêpes, kouign amann, gâteau Breton and salted caramel sweets. Brittany accounts for 35% of the creperies in France, which is over 1,400 creperies in Brittany on a total of 4,000 in France.

Here again, we have seen factories playing primarily with salted and unsalted butter to varying degrees. But there are more ways than one in which each brand has tried to distinguish themselves from the other, and in each case, we come back thinking wondering if indeed butter has so much life that it can take on so many different shapes and sizes and textures. We wonder if it so flexible that it can absorb different flavours.

We were in for another pleasant surprise at the Jean-Vyes Bordier factory, which



is well known not just for customising butter for various local and international clients but also its ageing caves for cheese.

Jean-Vyes Bordier, however, primarily deals with creating customised butter for its clients, which include elite hotels and corporate entities. Clients may demand a higher percentage of salt in their butter or a certain shape, size, weight and more importantly, different flavours. The butter is shipped to 28 countries in the world while they ship cheese to 18 countries although its primary markets are the UK and Dubai.

Here again, owing to its very specialised butter, production is a lot lower than Payson Breton. In fact, Jean-Vyes Bordier will need a year to produce what Payson Breton does in four days.

The factory's specialty is its butter kneader, who relies on his sense of touch, hearing and taste to ensure the exact taste each time. He kneads the butter for approximately eight minutes, moulding it and adding salt twice in the process and making it supple and then shaping them for different clients from 25 and 50g all the way to 10kg and more.

The factory has 15 recipes; some of which are all-year-long recipes while others are seasonal. No butter is made in advance at this factory. Any butter that is made is instantly sent to the operations room before it is shipped.

Jean-Vyes Bordier started with its first special butter in 1998 followed by smoked butter in 2000. On the day, we were at the factory, a special three-seaweed butter was being made to be shipped to Japan. There were others including vanilla butter, raspberry and buckwheat butter. Here, the factory specialists go to the farm and choose their buckwheat and it is said it took two years of R&D to develop this.

At Jean-Vyes Bordier, the butter is hand-weighed, hand-beaten and hand-wrapped.

Having seen how these butters are made and having tasted them, we then attempted to make some of the flavoured butter ourselves. We discovered that you can make different flavours of butter by adding some ingredients to them and freeze it a day before presenting them to friends and family for tasting to actually get the best out of it. Such flavoured butters can be stored for a week. We attempted to recreate something similar with raspberries, some sablé (or any French biscuit will do) and a little lemon zest, mixing, creaming and tasting it until we got what we wanted.

Butter has more life to it than I was given to understand, and it all begins with healthy cows that are milked in a calm and peaceful environment. Having witnessed how the French dairy board ensures the welfare of its animals, works closely with the farming community and having understood that no chemical or colour is permitted by law in French butter, I don't think I'll make another choice in butter again. In fact, every time I open my fridge and look at my butter, I now look at it with the utmost respect.

## USE REAL BUTTER

*Here's how to tell if you are buying original, healthy butter*



It begins at the dairy farm.

We went to a local family-owned dairy farm that was part of the Cooperative Laitière de la Serve. While the grandfather, who started dairy production at the farm in 1992 was officially retired, he was still up at dawn at the farm getting the cows ready for milking at 6.30 am, a task shared by the grandfather, his son and his grandson.

The cows are milked twice a day at this farm. There were around 90 cows on this farm although a fifth on average do not produce milk. Each cow produces around 10,000 litres of milk a year. It takes around seven to eight minutes to milk a cow so the whole process takes around an hour and a half.

Special food is placed at the place where the cows are milked to attract them to the milking area. Each cow is first manually milked to check the quality of the milk and look for any signs of a sick cow. Milk from sick cows are taken and discarded. Once the animals have been manually checked, automatic pumps are fixed to their udders and milk is extracted. The udders are then sanitized. Once they are milked, the cows are fed again.

This dairy farm had a very peaceful atmosphere and the cows were not rushed. The farmer commented that if you take your time milking the cow, the milk is always better. On average, each person in a farm can tend to around 30 to 40 cows. The farmers never take a break because the cows have to be milked daily in the morning and evening. The milk is collected in a big tank and is circulated inside with a wheel to ensure the fat doesn't separate. The cows are fed a mix of corn silage, barley, soy and alfalfa.

When queried about using robots to milk the cows, the family said contact with the animals gave them immense satisfaction.

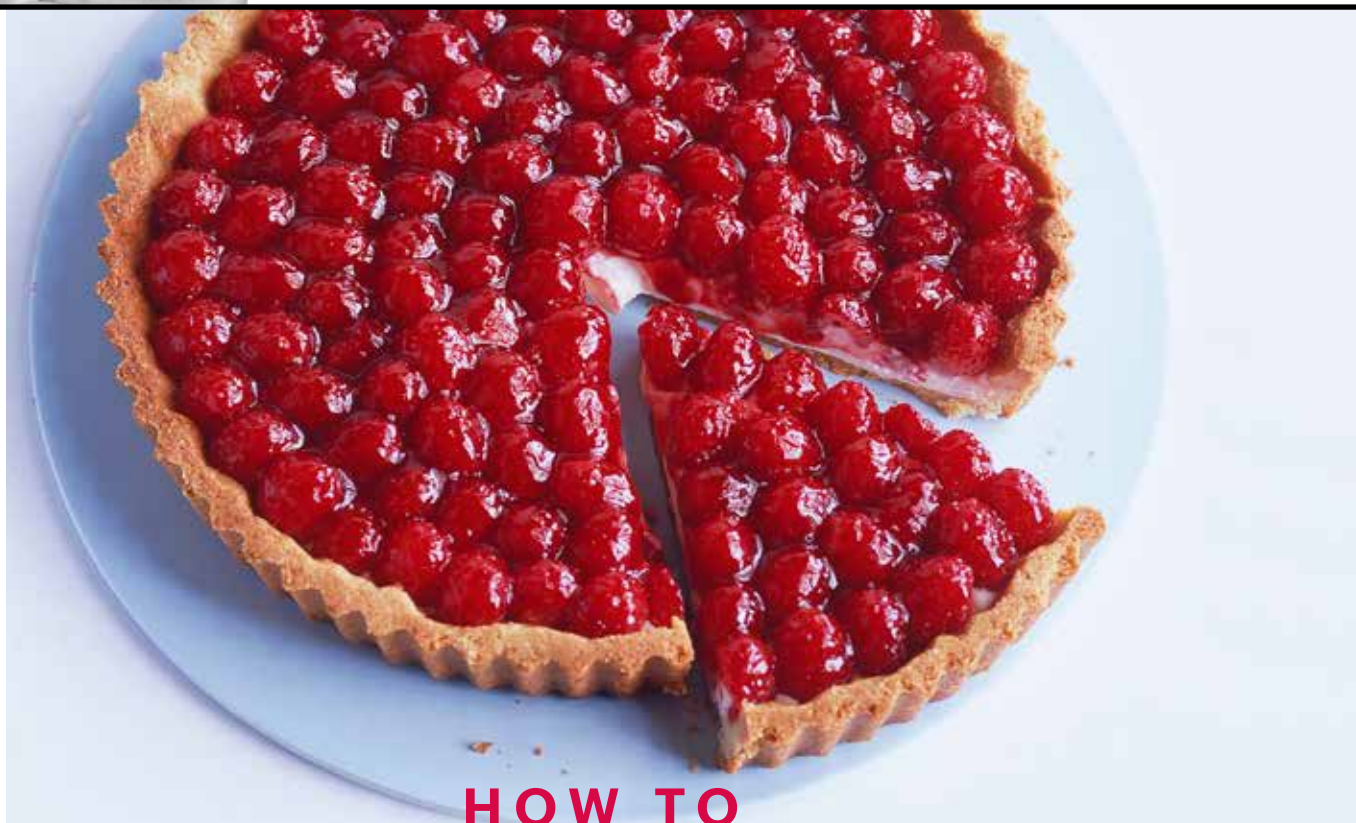


# BOOST YOUR



# cooking skills

Learn to be a better cook with kitchen expert *Barney Desmazery*



## HOW TO Line a tart tin

Whether you're making a summer fruit tart or a picnic quiche, the same principle applies



**1** Lift the pastry with a rolling pin, then drape it over the tin so it hangs over the sides. Using a ball of pastry scraps, push it into the corners of the tin, then chill for at least 30 mins.



**2** Lightly prick the base of the pastry with a fork, then line the tin with a large circle of baking parchment or foil. Fill the base with baking beans or dried pulses.



**3** Bake for 20 mins, then remove the paper and beans and continue to bake for 10 mins until golden. Trim the edges with a small serrated knife either before or after filling and baking.



Find our raspberry tart with almond pastry recipe (pictured above) at [bbcgoodfoodme.com](http://bbcgoodfoodme.com)





**GOOD FOOD & SUSTAINABILITY**

At BBC Good Food we seek realistic solutions to the problem of food waste and packaging in our test kitchen and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers. To find out more, go to [bbcgoodfood/reduce-reuse-recycle](http://bbcgoodfood/reduce-reuse-recycle).

**1**

**Paella fried rice**

Heat pouches of **cooked rice** in a wok or frying pan with **frozen peas**, a splash of **chicken or vegetable stock** and a **sprinkling of turmeric**. Stir through cooked **chicken, chorizo & peppers**. Cook until piping hot, adding some **chopped parsley** at the end, if you like. Serve with any **leftover sauces**.

**2**

**Sticky banana & pecan pancakes**

Scoop leftover **barbecued bananas** out of their skins with their juices and any **pecan pieces**, then roughly mash. Mix with **American pancake batter** (find a recipe at [bbcgoodfoodme.com](http://bbcgoodfoodme.com)) and cook as normal. Scatter with **extra chopped pecans** and drizzle with **maple syrup**.



# USE UP YOUR LEFTOVERS

## Waste less food

We try and use up every scrap from our test kitchen. Here's what we made from this month's leftovers.

**3**

**Chicken sloppy joes**

Heat a **little oil** in a frying pan and gently fry some **chopped green pepper** and **onion** until softened. Add leftover **pulled chicken** along with its sauce and a splash of water to loosen, if needed. Cook until piping hot, then serve the mix in a **hot dog or burger bun**. Napkins are essential.

**4**

**Parmigiana stacks**

Layer up thick slices of **tomato** with **griddled aubergine slices**. Top with **mozzarella slices** and bake at 220C/200C fan/gas 8 for 10 mins just to reheat the aubergine and melt the cheese. Drizzle with **olive oil** and scatter with **shredded basil**, if you have any, to serve.

**5**

**Beef pan bagnat**

Mix any leftover **steak & tomato** with plenty of **pesto**. Split a **ciabatta or baguette**, drizzle with **olive oil** and pile in the salad. Press between two trays for 1 hr, weighing the top one down, then serve in slices.



**6**

**Chilli fishcake hash**

Crush some **new potatoes & watercress** with your hands, then fry in a **little oil** until golden and crisp. Stir through some leftover **flaked salmon**. When heated through, spoon the hash onto plates and serve with **poached eggs** on top and **extra watercress**.

**7**



**Cheat's pasta alla norma**

Cook and drain some **pasta**, then return to the pan over a low heat with leftover **tomato & sourdough traybake** adding more **olive oil**, if you like. Serve hot, with a grating of **parmesan**.

**8**

**Romesco soup**

Use any leftover **romesco sauce** from to make a chilled summer soup. Whisk through just enough **vegetable or chicken stock** to create a soupy consistency, then season to taste with more **sherry vinegar**. Chill and serve cold with a **few ice cubes** in the bowl and a **drizzle of olive oil** to finish.





## TEST KITCHEN Know-how

### In depth: Salad leaves

**WATERCRESS** So peppery it's almost spicy, watercress works in salads and sandwiches, and can be served with grilled meat and fish.

**ROMAINE (COS)** The classic lettuce for a Caesar salad, which has long leaves and a crunchy stalk that's ideal for dipping. It has a strong but not bitter flavour that pairs well with other big flavours like anchovies and garlic. A good lettuce for burgers.

**ICEBERG** Crisp and juicy but delicate in flavour, iceberg is best used for wrapping other ingredients or to carry salty flavours like blue cheese dressing. This variety is usually used in a prawn cocktail.

**BUTTERHEAD** Big, floppy leaves make for a satisfying garden salad. These work well in sandwiches and can also be used to wrap things up in. Its flavour is sweet and mild, but it's not as robust as others.

**ROCKET** Peppery and bitter, there are two types available – rocket, which has a broader leaf, and wild rocket, which is stringier.

**LITTLE GEM** A baby variety of romaine, this variety keeps well in the salad drawer. Because of its size, it's a good lettuce to griddle or braise, too.

#### NEXT LEVEL KIT: SALAD SPINNER

Washing salad in cold water not only cleans it but perks it up, like putting flowers in a vase. The problem is that dressings won't coat wet leaves as well. In comes the salad spinner, which will give you dry leaves in minutes, and on some models the bottom part can double up as a salad bowl, too.

## CHEESE INSPECTOR

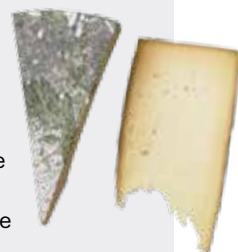
### Crumblies

Named due to their texture, these cheeses are made in the 'crumbly' style.

Here's some expert guidance from **Charlie Turnbull** of the **Academy of Cheese**.

#### Cornish Yarg

Dating from the 1700s, this peasants' cheese was matured in nettles as cloth was too expensive. Now the green leaf coat makes savoury, sweet Yarg one of the most distinctive cheeses in the UK.



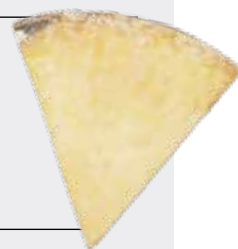
#### Appleby's Cheshire

Made on the salty, rocky Cheshire Basin, this cheese – which has come back into fashion – has fewer dairy notes and more minerality and savouriness than other crumblies.

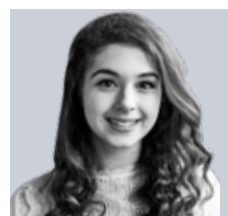


#### Kirkham's Lancashire

Graham Kirkham uses old-style methods to create his tangy, buttery, bright cheese. It's a lens into the past.



Cheese provided by  
**paxtonandwhitfield.co.uk**



## TIPS FROM THE GOOD FOOD TEAM

Our in-house recipe tester, **Liberty Mendez**, imparts a piece of advice that makes you a better cook.

'The equation to remember for a simple salad dressing is three parts oil to one part acid. It doesn't matter whether you're using lemon juice or vinegar, or the amount you're making – if you stick to those quantities, you'll always have a well-balanced dressing.'



## 10 TIPS FROM PROS

# What you can learn from Jason Atherton

Ahead of his new show on BBC Two, *The Brigade*, the Michelin-starred chef of Marina Social in Dubai Marina shares his tips for improving your skills

**1 If I had to pick one gadget every home cook should have in their kitchen,** I would say Kitchen Aid's 1.7-litre food processor. It's affordable and easy to use but still professional, and you can control the speed and how thick you want your ingredients chopped, sliced or shredded.

**2 A simple ingredient change that makes a huge impact** is a different type of salt. Use ones that are better quality than just regular table salt, for example, sel gris salt when cooking and finish with sea salt.

**3 My quick, four-ingredient recipe** would be pan-fried white fish served with brown butter sauce and some lovely seasonal veg. At the moment, I would use Jersey Royal potatoes and asparagus.

**4 My guilty pleasure is** hot sauce. As I travel a lot, I always take a bottle with me. No matter who you fly with, airline food is usually quite bland. I also love cheese, crisps and brown sauce sandwiches. Sounds disgusting but it's so good.

**5 To impress dinner guests,** make a beautiful rib-eye steak cooked medium-rare. Buy it from your local butchers rather than the supermarket to be sure of the provenance and quality. Serve it with chimichurri sauce, homemade chips and a good bottle of red wine.

**6 A great vegetarian main course is** baby violet artichokes with Jersey Royal potatoes, aged parmesan, peach and almonds. It's a new dish that's currently on the menu at my latest restaurant, No.5 Social.



I love it because the flavours really complement each other.

**7 My useful cooking shortcut** is to plan ahead. If you plan and prepare your meal in advance, you shouldn't need any quick cooking shortcuts.

**8 To cut down on food waste,** resist buying in bulk and just get what you need – you may think you're saving time, but chances are you'll just end throwing some food away. Also, think about your portion sizes – it's so easy to cook too much rice or pasta, plus a lot of people will naturally overeat, so considering the size of your portion can also help everyone to maintain a healthy diet.



**9 Soufflés are tricky to master,** but once you practise and perfect them, they're not actually too difficult. Since we added our pistachio soufflé to the menu at Pollen Street Social, it's become a bit of a signature dish.

**10 The next big food trend?** More people will continue to go meat-free. I believe there's room now for fully vegan fine-dining restaurants. In drinks, we have noticed a spike in popularity of lower alcohol percentage drinks, like low ABV craft beers and mocktails. Younger people are drinking less alcohol and are also more health conscious now.



Jason owns 13 restaurants worldwide, including Marina Social Dubai, Berners Tavern and Pollen Street Social. He's a regular on BBC Saturday Kitchen Live and his new show, BBC Two's *The Chef's Brigade*, where he mentors young chefs, is airing later this year. [jasonatherton.co.uk](http://jasonatherton.co.uk) @jasonatherton



# COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



## WIN!

**DINNER AT SCOTS AMERICAN GRILL!  
WORTH DHS500**

Scots American Grill is a fusion of two great nations that produce the best in quality steak and seafood. The steakhouse celebrates the tradition of Scottish fine foods and combines them with new tastes from America, creating a unique menu and dining experience. With quality aged meats, perfectly smoked salmon and unique cross culture dishes, Scots American Grill is the perfect blend of fine tradition and new tastes.



## WIN!

**A DINING VOUCHER TO SPEND AT SEVEN SANDS!  
WORTH DHS500**

Welcome to Seven Sands. A gastronomic pleasure inspired by the rich culture and history of the Emirates. Since the beginning of time, food and eating has taken its place as the central activity of all of mankind and one of the most significant trademarks of any culture. Like pizza is to Italy, truffles to France and saffron to Persia, Seven Sands' want the world and its guests to discover the UAE through our cuisine. At Seven Sands, food is never only about satisfying the appetite. It's about sharing, about honesty, and above all, it's about identity.



## WIN!

**A FRIDAY  
BRUNCH FOR 2  
AT TAIKUN!  
WORTH DHS790**

Taikun, formerly Toko, is an urban Asian restaurant and bar catering to urban millennial tastes. Going beyond sushi and sake, Taikun steeps its guests in a relaxing Asian

ambience with its urban garden, craft cocktails and fresh pan-Asian cuisine.

Taikun is Asia in motion, serving up thrilling events that promise to keep guests at the edge of their seat. It's where guests are welcome to slurp, sip, socialize and shake a leg.



## WIN!

**A CUSTOMISED  
CAKE FROM  
MAGNOLIA  
BAKERY! WORTH  
DHS500**

Do you have you got a special event coming up? For example, a birthday, baby shower or even a wedding. The team of Magnolia Bakery experts will

help you design a customised cake worth Dhs500 that will surely make your #CakeGoal dreams come true. Magnolia Bakery has four stores in the UAE, including Dubai Festival City Mall, Bloomingdale's Home (The Dubai Mall), The Galleria on Al Maryah Island and the newly opened store at The Galleria Mall, Palm Jumeirah.





## WIN!

### FRIDAY BRUNCH FOR 4 AT BFF! WORTH DHS1,040

BFF is your new neighbourhood local where over 80 tempting craft brews and gastronomical delights await. BFF is located in the Movenpick Ibn Battuta Gate Hotel, Dubai and offers an upbeat and casual space to relax and enjoy a game of pool or watch your favourite sporting events on one of the large TV screens inside and out on the terrace. Offering fun for the whole family, BFF keeps the little ones entertained with a play area filled with toys and games as well as a delicious kid's menu offering. The Pots, Pans and Buckets Brunch offers a range of the venue's favourite flavours from with a selection of salads and cold cuts to start and a mouth-watering array of dishes from the kitchen, perfect for sharing, including sliders, ribs, shrimp buckets, sausage pot and tempting fries and truffle risotto. Pots, Pans and Buckets brunch takes place every Friday from 1pm until 4pm, followed by a Brunch Afterparty until 6pm.



## WIN!

### A 2-NIGHT 'BIG BREAK STAY' AT DOUBLETREE BY HILTON RESORT & SPA MARJAN ISLAND ON FULL BOARD FOR A FAMILY OF 4! WORTH DHS1,190

DoubleTree by Hilton Resort & Spa Marjan Island is setting new standards for vacations in the United Arab Emirates. They are devoted to providing an enjoyable stay for the whole family, by offering the warmth of hospitality and a variety of desired amenities. Located in Ras Al Khaimah, this resort is close to shopping and entertainment at Marjan Island and Al Hamra Mall. Guests enjoy easy access to a wealth of sporting and leisure options, including golfing, sailing, aviation and desert camping.



## WIN!

### A LOFTY CAVIAR BRUNCH FOR 2 AT THE LOFT, DUBAI OPERA! WORTH DHS900

The Loft at Dubai Opera has launched its sophisticated brunch offering, available every Friday from 12pm to 4pm. On Fridays, the terrace will transform into the loftiest brunch destination in the city, allowing guests to indulge in a sophisticated brunch menu served with flair. The bustling terrace of The Loft at Dubai Opera will take guests on a journey through different interactive cooking stations like the oyster counter, barbecue counter, pasta and risotto counter, a special bubbly and mixed drink station, and a large caviar station. Savour free-flowing beverages alongside live entertainment by the resident DJ and saxophonist that keeps the atmosphere alive, while enjoying a spectacular view of the Burj Khalifa.



## WIN!

### FRIDAY BRUNCH FOR 5 AT EAT WELL RESTAURANT'S 'HEALTHY MEET BRUNCH!' WORTH DHS605

If the scorching temperatures are getting you down, eat well's

family friendly brunch is guaranteed to cheer you up! The highlight is its vegan-friendly menu, stacked with healthy options including gluten-free delicacies so that your body will thank you just as your taste buds will in this heat. You can expect a relaxed afternoon with expertly cooked international dishes, in this stunningly designed two-time award-winning restaurant, with infinite views of the Dubai skyline! Brunch at eat well is a feast of all feasts taking place every Friday from 11.30pm – 3.30pm 4pm, followed by a Brunch Afterparty until 6pm.





## WIN!

### A MEAL FOR 6 AT LONDON SLIDE! WORTH OVER DHS500

Newly opened London Slide is giving two lucky winners the chance to win a meal for six worth over Dhs500, which for each guest includes a serving of sliders

or baos of choice, a delicious side, a 0% cocktail such as the 'Orange Spritz', pineapple-lavender sparkler, a choice of a delicious milkshake that comes in signature flavours including Bannoffee and Cotton Candy Treat or a generous serving of decadent ice-cream.



## WIN!

### A 4-COURSE MENU FOR 2 AT SOCIAL BY HEINZ BECK! WORTH DHS750

World-renowned, 3-star Michelin Chef Heinz Beck brings contemporary Italian dining to Dubai. Featuring inviting design elements and offering innovative contemporary Italian cuisine, Social by Heinz Beck offers a relaxed yet elegant atmosphere with magnificent views of Dubai, making this an ideal setting for an unforgettable dining experience.

Heinz Beck is widely known throughout Italy and Europe as a notable master of modern gastronomy. Expressing a unique interpretation of the modern kitchen, Beck's artistry exceeds his raw culinary talent with a well-guarded process, which includes mindfully curating ingredients and implementing innovative techniques to transform simple ingredients into highly evocative dishes.



## WIN!

### BRUNCH FOR 2 AT LA CANTINE DU FAUBOURG! WORTH DHS530

Since brunch is all about family, friends and fantastic food, La Cantine du Faubourg is hosting its Brunch 105 every Saturday from 12pm to 6pm. Step in a Parisian bedroom setting and experience a chic Saturday afternoon.

Make the most of your weekends and try the brunch delicacies, from the wide selection of Pastries, Eggs, Signatures and Sweets. Served A la table, choose your preferred dishes from the Brunch menu, along with beverages. Pick up the all-inclusive package, including of Mocktails, Fresh juices, Soft Drinks & Hot Beverages. Be ready to enjoy a vibrant atmosphere with live entertainment and DJ. Brunch 105 is your not-to-be-missed rendez-vous.



## WIN!

### A MEAL AT THE BLACKSMITH SMOKEHOUSE FOR 2! WORTH DHS500

Enjoy succulent slow-cooked meat cuts, ridiculously delicious ribs and Southern American favourites at The Blacksmith Smokehouse located in Wyndham

Dubai Marina. Led by Chef Orelle Young, The Blacksmith Smokehouse serves up an invigorating 'pit-masterpiece' of succulent slow-cooked meat cuts, ridiculously delicious ribs, long iced teas and blended beverages that ooze originality and the best traditions and flavours of the deep south. Treat yourself to a range of weekly promotions at the city's meatiest smokehouse, its popular Thursday night Hot Turkey brunch from 7pm to 11pm or for its latest Friday Alamo BBQ brunch with live BBQ stations from 1pm to 5pm.



To be in with a chance of winning these prizes, visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com), or simply scan this QR code with your mobile to directly to the website.

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.





# CREAM

## The Art of the Pastry Chef

Jimmy Boulay, French pastry chef at the Ritz Hotel in Tokyo, emphasizes that the final quality of a pastry is closely linked to the quality of its basic ingredients, which is why ingredient selection is such an important process. And while taste is important, its appearance has a role to play too.

***"Once the products have been chosen, it is up to the pastry chef to express his or her creative genius with a pastry which skilfully marries the fragrances and textures"***

Appearance, after all, is the precursor to what the palate tastes when it explores what the imagination has envisioned. Just like a painter or a sculptor, the pastry chef will first design a concept and then carefully select the materials – paying special attention to their flavours – before creating a cake just as an artist prepares a canvas. A pastry chef will design his cake the same way an architect designs his masterpiece. This is how Jimmy Boulay created his "Design Choc", a graphic white cube.

The pastry chef must perfectly master his or her ingredients to ensure that no single ingredient clashes with another, allowing harmony to prevail.

This is where European dairy cream comes on stage, its fat content adds an amazing depth of flavour, all you need to do is infuse it with herbs and spices in order to create an exquisite mint, basil, cinnamon or vanilla flavoured ganache. Whipped cream is what makes Saint-Honoré a delicacy and adds body to Vacherin dessert, without it, tantalising treats would be nothing. It also makes Fontainebleau dessert the ultimate indulgence. But cream in its liquid form alone is already a marvellous wonder. It provides silkiness on the palate and an incomparable glossiness to pastry cream; it lends a unique smoothness to custard and ice cream, where it is simply sweetened and flavoured.

***"European dairy cream goes beyond simply being an excellent ingredient, adding it is like a touch of magic"***

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